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CANADIAN STORM SIGNALS

GALE
FROM
WEST

GALE
FROM
EAST

BY NIGHT
WHITE LIGHT
ABOVE RED

BY NIGHT
RED LIGHT

1913

DR MILES
WEATHER
ALMANAC
and **HAND BOOK**
of VALUABLE
INFORMATION

HEAVY GALE
FROM EAST

HEAVY GALE
FROM WEST

Published by
THE DR. MILES MEDICAL CO.
TORONTO, CANADA

Nerve Force Is Life



The Outer System of the Nerves.

lungs, heart, liver, stomach and other organs of the body. Through the outer nerves impressions, (feeling) are conveyed to the brain.

These nerves are more numerous than the blood vessels, and in a great measure control their size, or in other words, the circulation of the blood, as well as the action of the muscles. No portion of the body, whether brain, bones, ligaments, fat, blood vessels or muscles, is without its system of minute nerves. And the condition of these depends upon the influence conveyed to them from the brain and spinal cord.

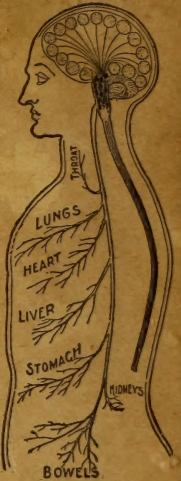
If this nerve influence, or as we prefer to call it, Nerve-force, which is supposed to be similar to electricity, is weakened, the part supplied by it becomes feeble; if too much fluid goes to a part, it is irritated, causing pain, congestion, spasms, inflammation and various other forms of disease. Should there be some disease or derangement of the brain or spinal cord, or of the nerve itself, so that no nerve-force is given off, paralysis (or death) is the inevitable result.

A multitude of diseases known by other names are due to an impairment of the whole or part of the nervous system.

Each portion of the body is under the control of "Nerve Centers" located in the brain and spinal cord. Disease of every organ or portion of the body may, and very frequently do, arise from defect in the nerve centers rather than in the organ itself. Thus a weakness or irritability of the nerve centers of the brain causes dizziness, dullness, headache, neuralgia, etc.

A weakness of the nerve centers of the stomach produces indigestion, dyspepsia, neuralgia, wind in the stomach, etc. Weakness of the nerves of the heart results in fluttering or palpitation of the heart, etc.

Dr. Miles' Nerveine allays irritation, assists the nerve cells to generate nerve-force, strengthens the nerves and through them gives renewed life and vigor to all the organs of the body.



Nerves Connecting Brain with the Vital Organs.

Dr. Miles' Restorative Remedies

Dr. Miles' New System of Restorative Remedies is designed to meet the requirements of that large class of chronic and lingering disorders that are brought about by a disregard of Nature's most common laws. These medicines are scientific as well as efficacious, and seldom fail to benefit those diseases for which they are recommended. Dr. Miles' Restorative Remedies are sold by all druggists.

Dr. Miles' Restorative Nervine:—A remarkably successful restorative for all disorders of the nerves, or diseases caused by a deranged nervous system. Price, \$1 per bottle.

Dr. Miles' Remedy for the Heart:—A strengthening medicine and tonic for the weak heart; \$1 per bottle.

Dr. Miles' Anti-Pain Pills:—are a positive and quick relief for pain. Safe and reliable. They positively contain no opium, morphine, chloral, cocaine, and do not affect the stomach or bowels.

Price 25c a box of 25 doses. Never sold in bulk.

Dr. Miles' Blood Purifier:—for malignant and dangerous blood poison and all forms of blood and skin disorders. Price, \$1 per bottle.

Dr. Miles' Restorative Tonic:—A combination of Phosphates with Quinine and Iron. A body-builder for the weak who need strength, especially after severe sickness. Price, \$1 per bottle.

Dr. Miles' Nerve and Liver Pills:—A modern remedy for constipation, which leaves no bad after-effects. Mild, gentle and reliable. Price, 25 cents a box.

None of the Dr. Miles Remedies contain habit-forming drugs.

Zodiac Signs and Symbols

- | | | |
|------------------------|-------------------------|--------------------------|
| ♈ Aries, or Ram | ♉ Taurus, or Bull | ♊ Gemini, or Twins |
| ♋ Cancer, or Crab-fish | ♌ Leo, or Lion | ♍ Virgo, or Virgin |
| ♎ Libra, or Balance | ♏ Scorpio, or Scorpion | ♐ Sagittarius, or Bowman |
| ♑ Capricornus, or Goat | ♒ Aquarius, or Waterman | ♓ Pisces, or Fishes |

FOR EXPLANATION OF ZODIAC SIGNS SEE PAGE 31.

New Moon

First Quarter



Hang Up This Almanac

You will need it for a whole year. We believe the astronomical calculations are accurate and authentic in every respect, as they were prepared by experts of many years experience in weather bureau work.

In addition to the calendar and weather forecasts Dr. Miles' Almanac for 1913 contains much general information of value in any household. We will be glad to have your opinion of the Almanac and will appreciate inquiries for further information or suggestions for its improvement. If you wish copies of the Almanac for friends send us their addresses and the orders will receive our prompt attention.

To Avoid Delay Always Address Your Letters to
Miles Medical Co., Toronto, Canada
 Do Not Address Your Letters, "Dr. Miles."

\$5,000 REWARD will be paid by the Dr. Miles Medical Co., to any person who can find one atom of opium, chloral, morphine, cocaine, ether or chloroform, heroin, alpha and beta eucaine, cannabis indica, chloral hydrate or any of their combinations or derivatives, in any form in any of Dr. Miles' Remedies. This reward applies only to goods purchased in the open market in original packages, which are unopened and have not been tampered with. This reward is offered because certain unscrupulous persons are making false statements about these remedies.

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Almanac Calculations for 1913

The year 1913 comprises the latter part of the 137th and the beginning of the 138th year of American Independence and corresponds to:—The year 6626 of the Julian Period; the year 5673-5674 of the Jewish era, the year 5674 begins at sunset on October 1st; the year 2666 since the foundation of Rome, according to Varro; the year 2573 of the Japanese era and to the 46th year of the period entitled "Meiji;" the year 1332 of the Mohammedan era, or the era of the Hegira, begins on the 30th day of November, 1913. The first day of January, 1913, is the 2,419,769th day since the commencement of the Julian Period.

CHRONOLOGICAL CYCLES FOR 1913.

Dominical Letter	E	Solar Cycle	18
Lunar Cycle or Golden No.....	14	Roman Indiction	11
Epact	22	Julian Period	6626

MORNING AND EVENING STARS, 1913.

The Planet Venus is Evening Star until April 24th then Morning Star to end of year.

The Planet Mars will be Morning Star throughout the year.

The Planet Jupiter begins as Morning Star and continues as such until July 5th after which date he is Evening Star balance of year.

The Planet Saturn is Evening Star until May 29th, then Morning Star to December 7th and Evening Star from that date to end of year.

SEASONS FOR 1913.

(Eastern Standard Time.)

Vernal Equinox (Spring begins).....	March 21, 0:18 a. m.
Summer Solstice (Summer begins).....	June 21, 8:09 p. m.
Autumnal Equinox (Autumn begins).....	September 23, 10:53 a. m.
Winter Solstice (Winter begins).....	December 22, 5:35 a. m.

CHURCH DAYS FOR 1913.

Ephiphany	January 6	Easter Sunday	March 23
Septuagesima Sunday	January 19	Low Sunday	March 30
Sexagesima Sunday	January 26	Rogation Sunday	April 27
Quinquagesima Sunday	February 2	Ascension Day	May 1
Shrove Tuesday	February 4	Whit Sunday	May 11
Ash Wednesday	February 5	Trinity Sunday	May 18
Quadragesima Sunday	February 9	Corpus Christi	May 22
Palm Sunday	March 16	Advent Sunday	November 30
Good Friday	March 21	Christmas Day	December 25

EMBER DAYS, 1913.

February	12, 14 and 15	May	14, 16 and 17
September	17, 19 and 20	December	17, 19 and 20

ECLIPSES FOR 1913.

In the year 1913 there will be five eclipses, three of the Sun and two of the Moon.

I.—A Total Eclipse of the Moon, March 22nd, partly visible here, the Moon setting eclipsed; the beginning visible generally in North America, western South America, throughout the Pacific Ocean, Australia, and the eastern border of Asia; the ending visible generally in western North America, the Pacific Ocean, Australia, central and eastern Asia.

II.—A Partial Eclipse of the Sun, April 6th, invisible here.

III.—A Partial Eclipse of the Sun, August 31st, invisible here.

IV.—A Total Eclipse of the Moon, September 15th, the Moon setting here as the eclipse begins; the beginning visible generally in North America, excepting the extreme northern portion, the Pacific Ocean, Australia, and eastern Asia; the ending visible generally in Alaska, the Pacific Ocean excepting the eastern portions, Australia and Asia.

V.—A Partial Eclipse of the Sun, September 29th, invisible here; visible to the greater portion of the Indian Ocean.

Medical Advice Free

While the very large per cent. of absolute cures effected by Dr. Miles' Restorative Remedies warrants us in recommending them as medicines of the highest order of excellence, they are not cure-alls, and there may be complications in your case that require the special advice of a skilled physician. If you should not obtain from the Restorative Remedies the results you expect, write us all about your trouble. Reliable advice concerning our remedies will be furnished you by a competent physician, **Free of Cost**, and if possible, other means by which relief may be obtained will be suggested. Do not be afraid to write us all the facts, your case will receive the most prompt and careful consideration. All correspondence is strictly confidential. We have never bought or sold any letter of any nature whatever.

To Avoid Delay, Always Address Your Letters to
Miles Medical Co., Elkhart, Indiana.
Do Not Address Your Letters, "Dr. Miles."

1st Month January 1913 31 Days

Moon's Phases.		Halifax	Montreal	Toronto	Winnipeg	Vanc'ver
	D	h. m.	h. m.	h. m.	h. m.	h. m.
☾ New Moon.	7	6 14 M	5 34 M	5 12 M	3 59 M	2 14 M
☾ First Quarter.	15	11 48 M	11 8 M	10 46 M	9 33 M	7 48 M
☾ Full Moon.	22	11 26 M	10 46 M	10 24 M	9 11 M	7 26 M
☾ Last Quarter.	29-28	3 20 M	2 40 M	2 18 M	1 5 M	11 20 E

Day Month.	Day Week.	Zodiac Signs.	For Montreal, Quebec and regions of St. Lawrence and Ottawa rivers.			For Toronto and Province of Ontario lying on and between Great Lakes.			For Manitoba, the N. W. Territory and B. C.		
			Sun Rises h. m.	Sun Sets h. m.	Moon Rises h. m.	Sun Rises h. m.	Sun Sets h. m.	Moon Rises h. m.	Sun Rises h. m.	Sun Sets h. m.	Moon Rises h. m.
1	W	♈	7 40	4 27	1 52	7 34	4 34	1 49	8 0	4 7	2 5
2	T	♈	7 40	4 28	3 11	7 34	4 35	3 6	8 0	4 8	3 29
3	F	♈	7 40	4 29	4 25	7 34	4 36	4 10	8 0	4 9	4 50
4	S	♈	7 40	4 30	5 35	7 34	4 37	5 28	8 0	4 10	6 5
5	S	♈	7 40	4 31	6 38	7 34	4 38	6 31	7 59	4 11	7 11
6	M	♈	7 40	4 32	7 35	7 34	4 39	7 28	7 59	4 12	8 7
7	T	♈	7 40	4 33	Sets	7 34	4 40	Sets	7 59	4 14	Sets
8	W	♈	7 39	4 34	5 33	7 34	4 41	5 40	7 58	4 15	5 5
9	T	♈	7 39	4 35	6 39	7 33	4 42	6 44	7 58	4 17	6 17
10	F	♈	7 39	4 36	7 47	7 33	4 43	7 51	7 57	4 18	7 31
11	S	♈	7 38	4 37	8 53	7 33	4 44	8 55	7 56	4 19	8 44
12	S	♈	7 38	4 38	10 1	7 33	4 45	10 1	7 56	4 21	9 59
13	M	♈	7 38	4 39	11 4	7 32	4 46	11 3	7 55	4 22	11 8
14	T	♈	7 37	4 41	Morn	7 32	4 47	Morn	7 55	4 23	Morn
15	W	♈	7 37	4 42	0 10	7 31	4 48	0 8	7 54	4 24	0 19
16	T	♈	7 36	4 43	1 20	7 31	4 49	1 17	7 54	4 26	1 37
17	F	♈	7 35	4 45	2 32	7 30	4 51	2 28	7 53	4 28	2 54
18	S	♈	7 34	4 46	3 43	7 29	4 52	3 38	7 52	4 29	4 11
19	S	♈	7 34	4 47	4 57	7 29	4 53	4 50	7 51	4 31	5 26
20	M	♈	7 33	4 49	6 6	7 28	4 54	5 59	7 50	4 32	6 36
21	T	♈	7 32	4 51	7 8	7 27	4 55	7 2	7 49	4 34	7 37
22	W	♈	7 31	4 52	Rises	7 26	4 57	Rises	7 48	4 36	Rises
23	T	♈	7 30	4 53	6 15	7 25	4 58	6 19	7 47	4 38	5 54
24	F	♈	7 29	4 55	7 41	7 24	4 59	7 44	7 45	4 39	7 26
25	S	♈	7 28	4 56	9 5	7 23	5 0	9 6	7 44	4 41	9 2
26	S	♈	7 27	4 58	10 23	7 22	5 2	10 22	7 43	4 43	10 24
27	M	♈	7 26	4 59	11 40	7 21	5 4	11 38	7 41	4 44	11 52
28	T	♈	7 25	5 0	Morn	7 20	5 5	Morn	7 40	4 45	Morn
29	W	♈	7 24	5 2	1 0	7 20	5 6	0 56	7 39	4 47	1 17
30	T	♈	7 23	5 3	2 17	7 19	5 8	2 10	7 38	4 49	2 40
31	F	♈	7 22	5 5	3 28	7 18	5 10	3 21	7 36	4 51	3 58

Weather Forecasts

In response to the popular demand for weather forecasts we present to our readers the forecasts for each month of the year 1913. They are prepared by Prof. W. A. Gathright, a meteorologist of long experience, and it is believed they will be found as nearly correct as any forecast published. While long range forecasts cannot, in the very nature of things be absolutely correct, they are sufficiently so to create a wide-spread interest.

WEATHER FORECAST FOR JANUARY, 1913.

1st to 4th, cold. 5th to 8th, rain, sleet and snow. 9th to 12th, dangerous gales. 13th to 17th, sudden fall of temperature. 18th to 22nd, Cloudy, threatening. 23rd to 27th, foggy, damp. 28th to 31st, mild period.

Things Worth Knowing.

So late as 1513 the city of London had only thirteen doctors, counting surgeons and all.

A felled tree in falling is now made to pull up its own stump by the roots. The tackle is ingenious.

Milkmaids in Switzerland make handkerchiefs of lace that readily sell for \$5 apiece—some indeed for as much as \$50 each.

Nearly every bible today has a concordance at the back. The first concordance was prepared by French monks in the year 1247.

It is singular that insects will have nothing to do with the banana. While other fruits are preyed upon by numerous flies and worms it appears that both the plant and fruit of the banana are absolutely immune.

Besides the usual burglar alarms that protect bank vaults a snapshot camera has been introduced. Automatically it will take the burglar's picture as he looked while in the act. The flashlight photograph will both serve to identify the man and furnish evidence of his guilt.

A Word to Nervous People

In the great group of symptoms that go to make up the condition called nervous prostration, there are many things to be considered. First of all it should be remembered that nervous prostration is a state of mind more than anything else. There may be organic disease in some instances in addition to a nervous condition, but at the bottom is the mental state, rather than a "shaky" or irritable condition of some part of the body. The number of sufferers from nervous prostration is constantly increasing, and as life continues to grow more complex instead of simple, the outlook is not as bright as it might be. Neither is it a simple matter to properly deal, in a medical way, with a shattered nervous system. We all know that complete rest for many months, with change of climate etc., helps. But few of us can leave our affairs in such shape as to avoid worry when away. We must therefore consider our situation, and do the best we can while performing our several duties at home.

The collection of symptoms which constitutes nervous prostration is a large one. In spite of an apparently good physical condition there is a tendency to tire easily, and a little exertion becomes an unwilling task. Work once agreeable becomes hard and exhausting. Enthusiasm is gone, anxiety is ever present. Work and play are alike tedious. The sleeping hours are troublesome, and the awakening is without a sense of rest for the day's work, which becomes repulsive. The business of the day is carried to bed and adds to the mental torture. Digestion is interfered with. No matter what the food, it seems to disagree with a tired stomach. The door is opened wide to the blues, melancholy and the gloomy side of life. The weather is never right. The mind wanders from matters at hand to roam through the highways and byways of doubt and fear. Small things "upset" and depress. All these are part of "nervous prostration."

What shall be the relief, is the question asked by thousands who know too
(Continued on page 6.)

[Read the letters on this page. They are honest letters from honest people.]

Partnership Ended

A West Virginia dinky, a blacksmith, recently announced a change in his business as follows: "Notice—De co partnership heretofore resisting between me and Mose Skinner is hereby resolved. Dem what owe de firm will settle wid me, and dem what de firm owes will settle wid Mose."

A New Kind of Cow

A little boy seeing an elephant for the first time, shouted:

"O pop, look at the big cow with her horns in her mouth eating hay with her tail."

Broken Down

"It is with pleasure that I add my testimony regarding your valuable remedies.



Some years ago I had a severe attack of the grip, and being considerably broken down from overwork, both mental and physical, the disease left me in a very weak and feeble condition, with prostration of the nervous system. The physician I employed could give me only temporary relief, and I gradually grew weaker. My appetite failed. I could sleep but little, became very despondent and felt as if I would soon 'pass over the river.' The doctor said he could do no more, so I began taking Dr. Miles' Nervine and Nerve and Liver Pills. I began to improve almost at once, and by the time I had used eight bottles I was cured. Have not had to take any medicine since except the little pills as occasion requires."

SAMUEL T. PILSON,
1024 W. Main St., Staunton, Va.

"Worth a Million"

"In May, 1905 I was taken with nervous prostration or exhaustion. I was taken very violently and prostrated. Was treated by home physicians until November without benefit, when I went to Atlanta and was treated by a specialist until the following February when I went home benefited very little if any. In April I again went to Alabama and was treated by another specialist for two months and came home to die, as I thought. When I was taken sick my weight was 200 pounds and when I got back from Atlanta my weight was 134 pounds. In August I began taking Dr. Miles' Nervine and began to improve at once. I took in all thirteen bottles—\$13 worth. I now weigh 200 pounds and am stronger than I have been in ten years. I have often said to my friends I would not take a million dollars for what Dr. Miles' Nervine has done for me."

W. C. MANGAN, Oxford, Ala.

Serious Condition

"I have found Dr. Miles' Nervine the best remedy for nervous troubles. My nervous condition was serious for many years and after various treatments failed to give satisfactory relief, I began using Dr. Miles' Nervine. I took the Nervine as needed over a period of several years and it has absolutely cured me of nervous trouble. I now weigh 175 pounds, instead of 129 pounds during my nervous condition."

R. N. WINSHIP, McCauley, Tex.

2nd Month **February 1913** 28 Days

Moon's Phases.		Halifax	Montreal	Toronto	Winnipeg	Vancouver
	D	h. m.	h. m.	h. m.	h. m.	h. m.
New Moon.	6-5	1 8 M	0 28 M	0 6 M	10 53 E	9 8 E
First Quarter.	14	4 20 M	3 40 M	3 18 M	2 5 M	0 20 M
Full Moon.	20	9 49 E	9 9 E	8 47 E	7 34 E	5 49 E
Last Quarter.	27	5 1 E	4 21 E	3 59 E	2 46 E	1 1 E

Day Month	Day Week	Zodiac Signs	For Montreal, Quebec and regions of St. Lawrence and Ottawa rivers.			For Toronto and Province of Ontario lying on and between Great Lakes.			For Manitoba, the N. W. Territory and B. C.		
			Sun Rises	Sun Sets	Moon Rises	Sun Rises	Sun Sets	Moon Rises	Sun Rises	Sun Sets	Moon Rises
			h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
1	S	♈	7 21	5 7	4 32	7 17	5 11	4 25	7 34	4 53	5 4
2	S	♈	7 20	5 8	5 32	7 16	5 12	5 24	7 33	4 54	6 3
3	M	♈	7 10	5 9	6 22	7 15	5 14	6 14	7 31	4 56	6 53
4	T	♈	7 18	5 11	6 50	7 14	5 15	6 52	7 29	4 58	7 29
5	W	♈	7 17	5 12	7 31	7 12	5 16	7 25	7 28	5 0	7 57
6	T	♈	7 16	5 14	Sets	7 11	5 18	Sets	7 26	5 2	Sets
7	F	♈	7 14	5 15	6 43	7 10	5 19	6 46	7 24	5 3	6 32
8	S	♈	7 13	5 17	7 51	7 9	5 20	7 52	7 23	5 4	7 47
9	S	♈	7 12	5 18	8 53	7 8	5 22	8 53	7 22	5 6	8 55
10	M	♈	7 10	5 20	10 0	7 6	5 23	9 58	7 20	5 8	10 7
11	T	♈	7 9	5 21	11 8	7 5	5 24	11 5	7 18	5 10	11 22
12	W	♈	7 8	5 22	Morn	7 3	5 26	Morn	7 16	5 12	Morn
13	T	♈	7 6	5 24	0 18	7 2	5 27	0 14	7 14	5 13	0 38
14	F	♈	7 5	5 25	1 28	7 0	5 29	1 23	7 13	5 15	1 54
15	S	♈	7 3	5 27	2 38	6 59	5 30	2 32	7 11	5 17	3 9
16	S	♈	7 1	5 28	3 48	6 58	5 31	3 40	7 9	5 19	4 18
17	M	♈	7 0	5 30	4 52	6 56	5 33	4 44	7 7	5 21	5 19
18	T	♈	6 58	5 31	5 46	6 55	5 34	5 39	7 5	5 23	6 13
19	W	♈	6 56	5 32	6 30	6 53	5 35	6 24	7 3	5 24	6 53
20	T	♈	6 54	5 34	Rises	6 52	5 37	Rises	7 1	5 26	Rises
21	F	♈	6 52	5 35	6 33	6 50	5 38	6 35	6 59	5 28	6 24
22	S	♈	6 51	5 37	7 57	6 49	5 40	7 57	6 57	5 30	7 57
23	S	♈	6 49	5 38	9 15	6 47	5 41	9 14	6 55	5 31	9 22
24	M	♈	6 47	5 40	10 39	6 45	5 42	10 35	6 53	5 32	10 54
25	T	♈	6 46	5 41	11 59	6 43	5 44	11 55	6 51	5 34	Morn
26	W	♈	6 44	5 43	Morn	6 42	5 45	Morn	6 49	5 35	0 21
27	T	♈	6 43	5 44	1 16	6 40	5 46	1 9	6 48	5 36	1 44
28	F	♈	6 42	5 45	2 26	6 39	5 47	2 18	6 47	5 38	2 50

WEATHER FORECAST FOR FEBRUARY, 1913.

1st to 3rd, storm wave. 4th to 7th, heavy snows. 8th to 13th, cold wave. 14th to 18th, pleasant period. 19th to 23rd, very cold and blustery. 24th to 28th, mild to pleasant conditions.

Our Testimonials

Some people have the idea that the printed statements of persons who have used ready-made medicines are unworthy of belief. And, following out this wrong assumption, the conclusion is reached that advertised remedies are of no merit. Whatever degree of truth there may be in such opinions—generally speaking—nothing could be further from the truth, so far as the Dr. Miles Medical Co. is concerned. During a business career of thirty years the Dr. Miles Medical Co. has never published a fraudulent testimonial. The statements in this almanac regarding the merits of Dr. Miles' Remedies are truthful statements, and it will pay you to read them. They are honest letters from honest people.

DR. MILES MEDICAL CO., Toronto, Canada.

Weight of the Earth.

This little earth is not exactly spherical, doubtless due to centrifugal force when in a molten state. So that it measures 7,926 miles in diameter through the equator and 7,900 miles through the poles. Say it is about equal to a perfect sphere 7,913 miles in diameter. A simple calculation will show that this contains 259,431,755,889 cubic miles. Another simple calculation will show that a cubic mile contains 5,280(3) or 147,197,952,000 cubic feet.

A cubic foot of water weighs about 62½ pounds, and as the specific gravity of the earth has been ascertained to be approximately 5.6 times water, the average weight of the earth will be about 350 pounds per cubic foot. A cubic mile will therefore weigh in the neighborhood of 22,999,680,000 tons. Hence the weight of the earth will be the product of 259,431,755,889 cubic miles into 22,999,680,000 tons, making a total of 5,966,847,367,285,115,520 gross tons.

A Word to Nervous People—Continued

well from experience, what constitutes a true case of nervous prostration. Something must be done to alleviate these conditions, but the sufferer has lost faith, if not hope, and hesitates to try "medicine." No doubt there are many remedies recommended for nervous troubles that are without merit, and those who have tried such medicines cannot be blamed for being doubtful of all medicine. But there is at least one remedy for nervous disorders that has proven successful in the highest sense, viz. Dr. Miles' Nervine. It is not exploited as a "cure all,"—something that will relieve every form of sickness whatever the cause. Such a claim for any remedy is false on its face, and unworthy the consideration of any sensible person.

Dr. Miles' Nervine is offered for nervous disorders on its merit alone, backed not merely by words, but by what it has actually accomplished during the thirty years it has been used. Those who recommend it because they have been benefited by it speak free from any influence excepting a sense of gratefulness.

The action of the Nervine on the nervous system is almost invariably effective and reasonably prompt. It allays irritability, promotes healthy sleep, helps appetite and gives worn out nerve centers a chance to recuperate. With the nerves properly started on their duties, soon the body takes on new life and strength. Such has been the experience of thousands.

Dr. Miles' Nervine, because of its known value, is sold under a guarantee which permits a trial without risk. If the first bottle fails to benefit, your druggist will give you back the price. No article without merit could be made the subject of such an offer. Any druggist will supply you.

[Read the letters on this page. They are honest letters from honest people.]

How Washington Looked

Washington was in the prime of his magnificent physical manhood at the time of his marriage, when in his twenty-seventh year. Straight as an Indian, with limbs cast almost in a giant's mold (he was six feet three inches tall at the time of his death), his self-contained countenance, agreeable speech and dignified bearing made his personality most impressive. Probably half his time at home was spent in the saddle, and this active out-of-door life gave him a glow of health and sense of vigor. We learn from his intimate friend, George Mercer, interesting details. His skin was clear and colorless, the nose straight, the face long, with high round cheek bones, the blue-grey and widely separated eyes shadowed by heavy brows, a large, mobile mouth, showing teeth somewhat defective, the muscular arms and legs unusually long, and a well-shaped head, gracefully poised on a superb neck.

Suffered Much Pain

"A number of years ago I was taken with nervous prostration which the doctors said was caused by change of life. I suffered very much with pain and pressure in my head, loss of sleep and appetite. Life was a burden and death would have been a relief. The doctors told my husband they could do nothing for me, and all my friends gave me up to die. A gentleman hearing of my condition, came to see me and said his wife had been helped by Dr. Miles' Nervine and asked me to try it. My friends said I could not live anyway, and it would do no harm to try it. After I had taken a few doses of the Nervine it seemed to soothe and quiet my nerves and after a few days I slept as I had not done before for months. Several bottles of the Nervine gave me such an appetite that my strength began to come back again. After only a few months I was like a new woman. This was over fifteen years ago, and I am still praising Dr. Miles' Nervine, although I do not often need medicine now." MRS. JULIA S. HART,
515 D St., N. E., Washington, D. C.



Inflammation of Nerves

"My son was sick with inflammation of the nerves, or neuritis as the doctors called it, for fifteen months. We had the very best doctors we could get, and even went so far as to have X-Ray examinations several times. We gave up all hope of his ever getting any better, and finally he was taken to a hospital. He had been there two weeks when an almanac was left at my door telling about Dr. Miles' Nervine and Anti-Pain Pills. I got some of the Anti-Pain Pills, had him try them, and in a few days he began to improve, as he was able to secure rest. In two weeks we brought him home from the hospital, and he is now better than he has been in a long time. Naturally, we have great confidence in Dr. Miles' Remedies." MRS. FOSTER,
40 Elgin St., Hamilton, Ont.

"About nine years ago I had a sinking spell and thought I was going to die. Two doctors attended me, but they did no good. An acquaintance gave my husband a bottle of Dr. Miles' Nervine, saying he believed it would cure me. It helped me and I wrote you for advice. I took the Nervine as you told me and it cured me. I do not believe I would be alive today if it had not been for this wonderful medicine."

MRS. FRED S. MOORE, Verone, Mo.

3rd Month

March 1913 31 Days

Moon's Phases.		Halifax	Montreal	Toronto	Winnipeg	Vancouver
	D	h. m.	h. m.	h. m.	h. m.	h. m.
☾ New Moon.	7	8 9 E	7 29 E	7 7 E	5 54 E	4 9 E
☾ First Quarter.	15	4 44 E	4 4 E	3 42 E	2 29 E	0 44 E
☾ Full Moon.	22	7 42 M	7 2 M	6 40 M	5 27 M	3 42 M
☾ Last Quarter.	29	8 44 M	8 4 M	7 42 M	6 29 M	4 44 M

Day Month.	Day Week.	Zodiac Signs.	For Montreal, Quebec and regions of St. Lawrence and Ottawa rivers.			For Toronto and Province of Ontario lying on and between Great Lakes.			For Manitoba, the N. W. Territory and B. C.		
			Sun Rises h. m.	Sun Sets h. m.	Moon Rises h. m.	Sun Rises h. m.	Sun Sets h. m.	Moon Rises h. m.	Sun Rises h. m.	Sun Sets h. m.	Moon Rises h. m.
1	S	♈	6 39	5 47	3 27	6 37	5 48	3 19	6 46	5 39	3 57
2	S	♈	6 37	5 48	4 19	6 35	5 49	4 11	6 45	5 40	4 50
3	M	♈	6 35	5 50	5 2	6 33	5 50	4 54	6 44	5 41	5 32
4	T	♈	6 33	5 51	5 34	6 31	5 52	5 28	6 42	5 43	6 0
5	W	♈	6 31	5 52	6 0	6 30	5 53	5 55	6 40	5 45	6 22
6	T	♈	6 29	5 53	6 18	6 28	5 54	6 16	6 38	5 47	6 36
7	F	♈	6 27	5 55	Sets	6 26	5 56	Sets	6 36	5 49	Sets
8	S	♈	6 26	5 56	6 49	6 24	5 57	6 49	6 34	5 50	6 50
9	S	♈	6 24	5 57	7 50	6 22	5 58	7 50	6 31	5 52	7 56
10	M	♈	6 22	5 59	8 58	6 21	5 59	8 56	6 28	5 53	9 10
11	T	♈	6 20	6 0	10 7	6 19	6 1	10 3	6 26	5 55	10 26
12	W	♈	6 18	6 2	11 18	6 17	6 2	11 13	6 24	5 57	11 42
13	T	♈	6 16	6 3	Morn	6 15	6 3	Morn	6 21	5 58	Morn
14	F	♈	6 14	6 4	0 27	6 14	6 4	0 21	6 19	6 0	0 56
15	S	♈	6 12	6 6	1 36	6 12	6 5	1 29	6 18	6 1	2 6
16	S	♈	6 10	6 7	2 40	6 10	6 7	2 32	6 16	6 3	3 8
17	M	♈	6 9	6 8	3 36	6 8	6 8	3 28	6 14	6 4	4 4
18	T	♈	6 7	6 9	4 22	6 6	6 9	4 16	6 12	6 5	4 48
19	W	♈	6 5	6 11	4 59	6 5	6 11	4 54	6 11	6 7	5 20
20	T	♈	6 3	6 12	5 25	6 3	6 12	5 24	6 9	6 8	5 39
21	F	♈	6 1	6 13	5 46	6 1	6 13	5 45	6 6	6 9	5 54
22	S	♈	5 59	6 15	Rises	5 59	6 14	Rises	6 4	6 11	Rises
23	S	♈	5 57	6 16	8 9	5 57	6 16	8 7	6 2	6 12	8 20
24	M	♈	5 55	6 17	9 35	5 56	6 17	9 30	5 59	6 13	9 52
25	T	♈	5 54	6 19	10 55	5 54	6 18	10 49	5 57	6 15	11 18
26	W	♈	5 52	6 20	Morn	5 52	6 19	Morn	5 55	6 17	Morn
27	T	♈	5 50	6 21	0 9	5 51	6 20	0 2	5 52	6 18	0 40
28	F	♈	5 48	6 23	1 17	5 49	6 22	1 9	5 50	6 20	1 47
29	S	♈	5 46	6 24	2 14	5 47	6 23	2 6	5 48	6 22	2 44
30	S	♈	5 44	6 25	3 0	5 45	6 24	2 52	5 46	6 23	3 31
31	M	♈	5 42	6 27	3 36	5 44	6 25	3 29	5 44	6 24	4 6

WEATHER FORECAST FOR MARCH, 1913.

1st to 4th, General rains. 5th to 8th, storm wave. 9th to 12th, moderating. 13th to 17th, general snowfall. 18th to 21st, raw cold winds. 22nd to 26th, mild wave. 27th to 31st, showery, stormy.

Nervousness

"For about three years I was afflicted with nervousness attributed to business cares and work. Sometimes there was an itching sensation in my right arm and hand. I did not know what to do or what medicine to take. I noticed an article in our local paper stating what Dr. Miles' Restorative Nerve had done for others and got a bottle. After using it my nerves are quiet and steady and I believe it will perfect a cure in my case. I sleep well and my appetite is good."

R. E. MORSE, 311 Michigan St., Dowagiac, Mich.

An Unfortunate Combination.

He was a happy-go-lucky man, and, according to his friends, seldom allowed his debts to weigh heavily on his conscience.

Yet one day he seemed serious and thoughtful, and talked like it.

"You know," he said ponderously, "there are times in my life when I feel fate is indeed ironical."

"Do you refer to any particular occasion?" asked the long-suffering creditor, who was still living in hope.

"Yes,—one of them came last week," ex-

plained the man who made money fly. "I was down at the seaside and hadn't a farthing in cash. But I had a check for £10, which the bank wouldn't cash till I proved my identity. And the only person in the place who knew me well enough for that was a man to whom I owed £15!"

"Dr. Miles' Nerve and Liver Pills cured constipation of fifteen years standing for me, and I cannot praise them too highly."

ISAAC D. WATTS, Adams, Ind.

The Safe Side

Most people at times suffer from pain in some form. It may be neuralgia, headache, rheumatism, backache, legache, or stomach pains. Those who suffer from chronic disease are also seldom free from pains of greater or less severity. Then there is the condition of nervous irritability to be considered. Both men and women today live under high pressure. The strain on our nervous vitality is great. We go in for work or pleasure "for all we are worth." The result is our nervous systems become highly sensitive. A little extra work, or excitement attending pleasure causes irritability, sleeplessness—with perhaps a headache or backache thrown in for good measure.

A simple remedy to relieve such symptoms is today almost a necessity in every home. At least this is the attitude thousands of people assume toward Dr. Miles' Anti-Pain Pills. For twenty years Dr. Miles' Anti-Pain Pills have been in general use throughout the United States to relieve all sorts of pain. For headache, backache, toothache, earache, neuralgia, rheumatic pains, legache, dizziness, dullness, and nervous irritability they are invaluable. Travelers use them for car sickness and women tired out after shopping or an evening at the theatre find in Dr. Miles' Anti-Pain Pills the relief they require.

A box of Dr. Miles' Anti-Pain Pills in the home or, better yet, in your purse or pocket, is the best protection against pain you can employ. Sold by all druggists, in boxes only, 25 doses for 25 cents. A box bought today may stop a pain tomorrow. Who knows? At any rate, it is best to be on the safe side.

[Read the letters on this page. They are honest letters from honest people.]

Origin of the Dollar

The word "dollar" was in our language at least 300 years ago, for it is used by Shakespeare several times. It is supposed that the word was in use in London in the latter part of the sixteenth century, having been brought in by the North German merchants, who managed the trade on the Baltic and in Russia.

"Dollar" appeared first in an English dictionary in 1745. It is a borrowed word, being the German "thaler." The coins issued by the mint in Joachimsthal were called "Joachimsthalers." When other mints were established, the "Joachims" was dropped, and the coins were called simply "thalers."

The dollar was adopted by Congress as the unit of our currency on Aug. 5, 1785. It was to contain 375.64 grains of pure silver; but when the mint was established in 1792, the requirement was reduced to 371.25 grains of pure silver. The coinage of dollars began in 1794.

Always Relieve



"I have used Dr. Miles' Anti-Pain Pills for about two years and they have always given me every satisfaction. I have been a sufferer from headache many years, and have tried many remedies, but I have no hesitancy in recommending them as being the best I have found. They always relieve me and are pleasant to take. I do not wish to be without them. For years I have used the Dr. Miles' Remedies and always find them the same. I have

given away scores of the Anti-Pain Pills to help suffering humanity."

REV. T. H. IBBOTT, Bartonville, Ont.

Very Beneficial

"I find Dr. Miles' Anti-Pain Pills an excellent remedy for the prevention and removal of pain, especially headache. A number of people here from whom I have heard after a trial of the pills, have recommended them very highly. One man to whom I gave a few of the pills when he was not feeling well, came back a second time and asked for more, saying they had proven very beneficial." T. F. KENTY,

Sydney Mines, Cape Breton, N. S.

Greatly Benefited

"I have found great benefit by taking Dr. Miles' Anti-Pain Pills, and also from the Nerve and Liver Pills. My mother, who is seventy-eight years of age, has found great benefit in the use of Dr. Miles' Nerve; she has also used Dr. Miles' Heart Remedy for heart trouble of long standing, with satisfactory results. I am very thankful I heard of Dr. Miles' Remedies."

MRS. L. ETHERINGTON,
102 Bradford St., Barrie, Ont.

"I think Dr. Miles' Nerve and Liver Pills are excellent. I received much benefit from them." MRS. J. YOUNG, Alder, Ont.

Act Promptly

"For several years I have used Dr. Miles' Anti-Pain Pills with the best of results; and I will cheerfully recommend them for the relief and cure of almost any kind of pain. They act more promptly than any similar remedy on the market."

JOSEPH C. BOYD, Parkesburg, Penn.

4th Month

April 1913

30 Days

Moon's Phases.		Halifax	Montreal	Toronto	Winnipeg	Vancouver
	D	h. m.	h. m.	h. m.	h. m.	h. m.
New Moon.	6	1 34 E	0 54 E	0 32 E	11 19 M	9 34 M
First Quarter.	14-15	1 25 M	0 45 M	0 23 M	11 10 E	9 25 E
Full Moon.	20	5 19 E	4 39 E	4 17 E	3 4 E	1 19 E
Last Quarter.	28-27	1 55 M	1 15 M	0 53 M	11 40 E	9 55 E

Day Month.	Day Week.	Zodiac Signs.	For Montreal, Quebec and regions of St. Lawrence and Ottawa rivers.			For Toronto and Province of Ontario lying on and between Great Lakes.			For Manitoba, the N. W. Territory and B. C.		
			Sun Rises	Sun Sets	Moon Rises	Sun Rises	Sun Sets	Moon Rises	Sun Rises	Sun Sets	Moon Rises
			h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
1	T	♈	5 41	6 27	4 4	5 42	6 27	3 59	5 40	6 27	4 30
2	W	♈	5 39	6 29	4 26	5 40	6 28	4 21	5 38	6 28	4 44
3	T	♈	5 37	6 30	4 41	5 38	6 29	4 38	5 35	6 30	4 55
4	F	♈	5 35	6 31	4 54	5 37	6 30	4 53	5 33	6 32	5 1
5	S	♈	5 33	6 32	5 7	5 35	6 31	5 7	5 32	6 34	5 7
6	S	♈	5 31	6 34	5 24	5 33	6 32	5 25	5 30	6 35	5 20
7	M	♈	5 29	6 35	Sets	5 31	6 34	Sets	5 27	6 36	Sets
8	T	♈	5 27	6 36	9 10	5 30	6 35	9 6	5 25	6 38	9 32
9	W	♈	5 25	6 38	10 10	5 28	6 36	10 13	5 23	6 39	10 46
10	T	♈	5 24	6 39	11 28	5 26	6 37	11 21	5 21	6 40	11 57
11	F	♈	5 22	6 40	Morn	5 24	6 38	Morn	5 19	6 42	Morn
12	S	♈	5 20	6 41	0 32	5 23	6 40	0 25	5 17	6 43	1 2
13	S	♈	5 18	6 43	1 31	5 21	6 41	1 24	5 15	6 45	2 1
14	M	♈	5 16	6 44	2 19	5 19	6 42	2 13	5 13	6 47	2 47
15	T	♈	5 14	6 45	2 58	5 17	6 43	2 53	5 11	6 48	3 22
16	W	♈	5 12	6 46	3 29	5 16	6 44	3 24	5 9	6 50	3 44
17	T	♈	5 11	6 48	3 51	5 14	6 45	3 47	5 6	6 51	4 0
18	F	♈	5 9	6 49	4 7	5 12	6 46	4 6	5 4	6 52	4 10
19	S	♈	5 7	6 50	4 27	5 10	6 47	4 28	5 3	6 54	4 28
20	S	♈	5 5	6 52	Rises	5 8	6 49	Rises	5 1	6 56	Rises
21	M	♈	5 4	6 53	8 26	5 7	6 50	8 20	4 59	6 58	8 47
22	T	♈	5 2	6 54	9 45	5 5	6 51	9 39	4 57	6 59	10 14
23	W	♈	5 0	6 56	10 58	5 4	6 53	10 50	4 55	7 1	11 28
24	T	♈	4 59	6 57	Morn	5 2	6 54	11 54	4 53	7 2	Morn
25	F	♈	4 57	6 59	0 2	5 0	6 55	Morn	4 51	7 3	0 32
26	S	♈	4 56	7 0	0 54	4 59	6 56	0 47	4 50	7 5	1 25
27	S	♈	4 54	7 1	1 34	4 57	6 58	1 27	4 48	7 6	2 4
28	M	♈	4 53	7 3	2 6	4 56	6 59	2 0	4 46	7 8	2 32
29	T	♈	4 51	7 4	2 30	4 54	7 0	2 25	4 44	7 10	2 51
30	W	♈	4 50	7 5	2 48	4 53	7 2	2 43	4 42	7 11	3 3

WEATHER FORECAST FOR APRIL, 1913.

1st to 3rd, warm spell. 4th to 7th, stormy period. 8th to 13th, cold. 14th to 18th, stormy, showery conditions. 19th to 22nd, rains. 23rd to 26th, cloudy and windy. 27th to 30th, rain wave.

A New Calendar

The calendar and the hours of the day seem to many of us almost like part of the natural and immutable order of things, and however much trouble the present indefensible system has caused, men have felt that it was rash—almost impious—to suggest a change in it. "Give us back our eleven days!" cried the mob when the Gregorian calendar was introduced into Great Britain. From the days of Julius Caesar to our own, he has been a bold reformer indeed who would suggest changes in the disorderly procession of the months. Now enters Moses B. Cotsworth of Victoria, B. C., with a proposal for a rational calendar. He would divide the year into thirteen months, each of twenty-eight days, which would leave one extra day in the year, and this he beautifully plans as a free day for every one—free from interest charges on money,

the necessity to work, the wage scale, etc. Then each month would commence on Sunday and the first, eighth, fifteenth and twenty-second days of each month would be Sundays. President Hadley of Yale is quoted as saying that the month of four weeks "will come as a commercial necessity." The adjustment to the change would be very small compared to that necessitated when standard time was introduced on transcontinental railways. Mr. Cotsworth has literature to distribute, poking fun at the present system. If he wins, school children need no longer learn: "Thirty days hath September."

Best for Pain.

"I think Dr. Miles' Anti-Pain Pills are the best for all kinds of pain, especially headache." MRS. J. HOBSON, Barrie, Ont.

The Pendulum of Life

Just as the pendulum of a clock tells whether all the machinery of the time piece is in good order, so the heart in the human body is an indication of health or sickness. The pendulum of a clock that keeps accurate time, swings back and forth with the utmost regularity. It moves neither too fast nor too slow, but in perfect accord with the other working parts. When the pendulum, on account of some mechanical defect in the works, comes to a standstill, we know at once that the clock has "stopped." We see it motionless and no longer hear its "tick."

Well indeed does the clock pendulum illustrate the action of the human heart. Forward and back goes this tireless little bundle of muscle, its every "beat" a "tick" of life. But hearts, like clocks, often keep poor time, and, on account of neglect or abuse get so discouraged they "slow" down or "stop" altogether.

Every person should be in full possession of all the facts regarding the condition of his heart. We should know whether we had a good heart to start life with, and if so, whether it is still good. Experience and investigation have proven that large numbers of heart ailments can be avoided by exercise of proper caution. If there be heart weakness we should know its extent, in order to avoid serious consequences. As a matter of fact, however, few people have this knowledge, notwithstanding its great importance to health, and sometimes to life itself.

When a heart "stops" it is often chargeable to neglect. Heart disease should be discovered early and treated persistently to ward off serious results. Publicity and education are needed. People should be taught to take care of

(Continued on page 12.)

Judging Babies

Probably the average mother wishes her baby to be fat, and if he is fat and does not fret, is content. During the cold weather being fat is not a bad condition for the baby, but during the hot weather fat babies are in more danger than those who are thinner. As a matter of fact, babies will be better off when other items than fatness and weight are considered.

Occasionally a church or some other organization holds a baby show. The first prize is usually given to a fat, rosy cheeked baby. A wiser plan is that used at some baby shows where they give the prizes on the basis of scores recorded on the score card devised by a physician who has given careful study to the subject. It is printed here so that mothers may see what value "baby doctors" give to the different points.

Score Card.

Scale of points for children between the ages ofand....years.

Name
Address
Sex..... Age, months.....days.....
Blond.... Brunette.... Medium....

(Continued on page 12.)

A Thankful Man

"This is Thanksgiving day in the state of Pennsylvania, and I want to devote a part of it in writing a letter to you. On the 26th day of November, 1910, I was stricken with heart trouble. My family physician called it Angina Pectoris. I had from one to five attacks in twenty-four hours, in the latter part of December, 1910.



I wrote to the Miles Medical Co., for information concerning my case, and in reply I received a very kind and instructive letter, which I handed to my family doctor, and he told me to use your Remedies in connection with the medicine he gave me, so I did. I used five bottles of Dr. Miles' Heart Remedy, seven bottles of Dr. Miles' Nerve and

Liver Pills. I was confined to the house for about four months. The action of my heart is now, and has been normal for the last six months. I can truly recommend Dr. Miles' Nerve and Heart Remedy and Nerve and Liver Pills to do what they are intended for, if used according to directions. I thank you kindly for your advice in answer to my monthly reports. I am now sixty-seven years of age, have been in the mercantile business for thirty-five years, and lived retired for the last thirteen years."

A. B. HOLLINGER, Lincoln, Pa.

Could Not Walk

"I had been in bed for some time suffering with my heart when I began to take Dr. Miles' Heart Remedy and Nerve. Before I began taking the medicine I was so weak I could not walk across the house or lift a dish from a table, but soon began to gain rapidly. I am now in better health than I have been for five years and have resumed my housework. The Dr. Miles' Remedies are worth their weight in gold and I recommend them to everybody. You may publish this letter, as it might help some one else who is suffering."

MRS. JAMES HOPSON, Sutton, Quebec.

"I feel very grateful for Dr. Miles' Heart Remedy. After suffering for a year from dropsy I took five bottles of the Heart Remedy and am now working hard every day, without any sign of dropsy. I would not be without Dr. Miles' Heart Remedy in the house, and I shall be glad to let other sufferers know of my case, as it was through another testimonial that I learned of this great medicine."

J. D. MARTINEAU, Saskatoon, Sask.

5th Month

May 1913

31 Days

Moon's Phases.		Halifax	Montreal	Toronto	Winnipeg	Vancouver
	D	h. m.	h. m.	h. m.	h. m.	h. m.
● New Moon.	6	4 10 M	3 30 M	3 8 M	1 55 M	0 10 M
☾ First Quarter.	13	7 31 M	6 51 M	6 29 M	5 16 M	3 31 M
☾ Full Moon.	20-19	3 4 M	2 24 M	2 2 M	0 49 M	11 4 E
☾ Last Quarter.	27	7 50 E	7 10 E	6 48 E	5 35 E	3 50 E

Day Month.	Day Week.	Zodiac Signs.	For Montreal, Quebec and regions of St. Lawrence and Ottawa rivers.			For Toronto and Province of Ontario lying on and between Great Lakes.			For Manitoba, the N. W. Territory and B. C.		
			Sun Rises h. m.	Sun Sets h. m.	Moon Rises h. m.	Sun Rises h. m.	Sun Sets h. m.	Moon Rises h. m.	Sun Rises h. m.	Sun Sets h. m.	Moon Rises h. m.
1	T	♈	4 48	7 7	3 1	4 51	7 3	2 59	4 40	7 12	3 10
2	F	♈	4 47	7 8	3 13	4 50	7 4	3 13	4 38	7 13	3 16
3	S	♈	4 46	7 9	3 29	4 48	7 6	3 30	4 36	7 14	3 30
4	S	♈	4 44	7 11	3 45	4 47	7 7	3 48	4 35	7 16	3 37
5	M	♈	4 42	7 12	4 2	4 46	7 8	4 6	4 33	7 17	3 47
6	T	♈	4 41	7 14	Sets	4 45	7 9	Sets	4 31	7 19	Sets
7	W	♈	4 40	7 15	9 18	4 44	7 10	9 12	4 29	7 20	9 47
8	T	♈	4 38	7 16	10 26	4 42	7 11	10 18	4 28	7 22	10 56
9	F	♈	4 37	7 17	11 27	4 41	7 12	11 19	4 26	7 23	11 56
10	S	♈	4 36	7 18	Morn	4 40	7 14	Morn	4 24	7 24	Morn
11	S	♈	4 34	7 20	0 18	4 39	7 15	0 10	4 23	7 26	0 46
12	M	♈	4 33	7 21	0 59	4 38	7 16	0 52	4 21	7 27	1 24
13	T	♈	4 32	7 22	1 31	4 37	7 17	1 27	4 19	7 29	1 52
14	W	♈	4 31	7 23	1 54	4 36	7 18	1 51	4 18	7 30	2 8
15	T	♈	4 29	7 25	2 12	4 35	7 19	2 10	4 16	7 31	2 18
16	F	♈	4 28	7 26	2 34	4 34	7 20	2 34	4 15	7 33	2 34
17	S	♈	4 27	7 27	2 54	4 33	7 21	2 55	4 14	7 35	2 46
18	S	♈	4 26	7 28	3 9	4 32	7 22	3 13	4 12	7 36	2 53
19	M	♈	4 25	7 29	3 33	4 31	7 23	3 39	4 11	7 38	3 10
20	T	♈	4 24	7 30	Rises	4 30	7 24	Rises	4 9	7 40	Rises
21	W	♈	4 23	7 31	9 46	4 29	7 25	9 38	4 8	7 41	10 16
22	T	♈	4 22	7 32	10 44	4 28	7 26	10 37	4 7	7 42	11 14
23	F	♈	4 21	7 33	11 29	4 27	7 27	11 22	4 6	7 43	Morn
24	S	♈	4 20	7 34	Morn	4 27	7 28	11 58	4 5	7 45	0 1
25	S	♈	4 19	7 35	0 5	4 26	7 29	Morn	4 4	7 46	0 32
26	M	♈	4 18	7 36	0 32	4 25	7 30	0 27	4 3	7 47	0 54
27	T	♈	4 17	7 37	0 53	4 25	7 30	0 48	4 2	7 48	1 10
28	W	♈	4 17	7 38	1 6	4 24	7 31	1 5	4 1	7 50	1 19
29	T	♈	4 16	7 39	1 19	4 23	7 32	1 18	4 0	7 51	1 25
30	F	♈	4 15	7 40	1 35	4 22	7 33	1 35	3 59	7 52	1 35
31	S	♈	4 15	7 41	1 51	4 22	7 34	1 52	3 58	7 53	1 44

WEATHER FORECAST FOR MAY, 1913.

1st to 3rd, cool, bright sunny days. 4th to 8th, stormy, unsettled. 9th to 12th, warm period. 13th to 17th, thunder storms. 18th to 22nd, cool spell. 23rd to 27th, bright, clear, weather. 28th to 31st, local rains.

Insomnia

"About eight years ago, I was a great sufferer from nervous prostration, and many, many nights I never slept and have gone to my office a number of times having had scarcely one minutes' sleep the night previous. No remedies seemed to do any good. I was simply a nervous wreck when I heard of Dr. Miles' Restorative Nervine. After using it for a time, my nerves were better and I could sleep all night. I am glad to recommend the Nervine to anyone who suffers from insomnia."

JOHN NICHOLS, 309 Exchange Bldg., Denver, Colo.

The Sense of Taste.

At an adjourned town council meeting in the north a member casually mentioned that a person could not enjoy or even distinguish between drinks in the dark. A worthy bailie denied this and offered to bet that blindfolded he could name any drink given him. The bet being accepted and the bailie blindfolded, the test commenced. The bailie drank everything submitted, smacked his lips, and correctly named the drink until the taker was in despair. Then "Try him wi'

water," whispered a councillor, and the hint was taken. Sip—smack—sip—a shake of his head—"I canna just mind the name o' this, but I mind o' tastin' it when I was a wee laddie."

Some women are so changeable they never wear the same complexion twice.

A man will stand for a few hard knocks if his neighbor is getting his with an ax.

The Pendulum of Life—Continued

their hearts. First symptoms should move to immediate action. Such disturbances as palpitation, slow or fast pulse, pains in chest or under left shoulder blade, short breath, waking at night with sensations of suffocation and fear, swelling of feet and ankles, fainting spells, unreasonable sensation of hunger and distress after eating, inability to sleep on left side—all these may indicate a heart disorder. Treatment should follow at once with reliable medicine, and in the light of experience the best to employ is Dr. Miles' Heart Remedy. Its tonic effect on the heart muscles tends to restore regularity and thus to bring about normal conditions and health. The heart, although it may be greatly abused, will respond to proper treatment like any other organ of the body, but the remedy used should be one of known value. No person can afford to experiment with his heart.

Dr. Miles' Heart Remedy is not an experiment. Its merit has been proven by a very great number of people, since its introduction to the public thirty years ago. Those who have used it recommend it in the strongest terms. It should be sufficient to say to others that experience is the best guide in medicine as in everything.

Any one may try Dr. Miles' Heart Remedy without risk. If after using one bottle, you receive no benefit, your druggist will return the price. If your heart is ailing, be fair to it by giving Dr. Miles' Heart Remedy a trial.

[Read the letters on this page. They are honest letters from honest people.]

Judging Babies.—(Continued)

General Examination.

	Perfect score	Score.
1. Height	7	..
2. Weight	7	..
3. Circumference of chest	7	..
4. Circumference of abdomen	2	..
5. Symmetry	7	..
6. Quality of skin and fat	4	..
7. Quality of muscles (hand grasp, rising, sitting, poise, walking, running)	7	..
8. Bones of skull, spine, chest and limbs	8	..
Head.		
9. Length of head... Width... Circumference	8	..
10. Pupillary distance..... and shape of eyes	3	..
11. Shape, size, position of ears	4	..
12. Shape and size of lips and forehead	5	..
13. Shape and patency of nose	4	..
14. Shape and condition of jaw, hard palate, tonsils	2	..
15. Number.... and position of teeth	2	..

Psychological.

16. Disposition	5	..
17. Energy	5	..
18. Facial and ocular expression	10	..
19. Attention	3	..
Total	100	..

Saved Her Life

"For years I suffered from extreme nervousness and annoying constipation, developing into palpitation and weakness of the heart. I was unable to sleep, suffered much from headache, pain in my left side, palpitation and a constant feeling of weakness and prostration. I began using Dr. Miles' Nervine, Heart Remedy and Liver Pills and soon felt much improved. The pains and feeling



of weariness left me. Whenever my heart becomes deranged for any reason I take a few doses of the Heart Remedy and I am soon all right. I can never be thankful enough for this medicine, and I am continually recommending it to my friends. I am 79 years old and well for one of my years and keep myself so by using the Nervine and Heart Remedy which I prize so much. I believe they not only saved my life but added very much to my comfort and happiness."

MRS. L. C. BRAMLEY,
35 Henry St., St. Catharines, Ont.

Heart Beat Fast

"I had heart trouble for three years and was far from being well most of the time. My heart would beat hard and fast a good deal of the time, my pulse being about 85 to 92 a minute. Then again it would beat slow and easy, from 65 to 75 times a minute; it would throb and seem to tumble around, especially when I was excited or exerted myself a little. At times I would feel mean and shaky, although I managed to work most of the time. For three years I was treated by doctors and I also tried patent medicines, but nothing seemed to do me much good. My condition would remain about the same. I had heard about Dr. Miles' Heart Remedy and Nervine and I wrote the Miles Medical Co. about my case. I began to take the Heart Remedy and Nervine as advised; I took the Heart Remedy before meals and Nervine after, and before long I began to improve. I began taking these medicines in the spring and continued them until the fall when I was so greatly improved I considered myself well. I am thankful to the Miles Medical Co. for the attention given me without charge, and for the great benefit I received from the use of the Heart Remedy and Nervine. From my own experience I believe they are excellent remedies and I therefore have no hesitation in recommending them for the diseases they are intended."

MRS. FRED SWARM,
76 Greenville Ave., Clarion, Pa.

6th Month

June 1913

30 Days

Moon's Phases.			Halifax	Montreal	Toronto	Winnipeg	Vancouver
	D	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
New Moon.	4	3 43 E	3 3 E	2 41 E	1 28 E	11 43 M	
First Quarter.	11	0 23 E	11 43 M	11 21 M	10 8 M	8 23 M	
Full Moon.	18	1 40 E	1 0 E	0 38 E	11 25 M	9 40 M	
Last Quarter.	26	1 27 E	0 47 E	0 25 E	11 12 M	9 27 M	

Day Month.	Day Week.	Zodiac Signs.	For Montreal, Quebec and regions of St. Lawrence and Ottawa rivers.			For Toronto and Province of Ontario lying on and between Great Lakes.			For Manitoba, the N. W. Territory and B. C.		
			Sun Rises	Sun Sets	Moon Rises	Sun Rises	Sun Sets	Moon Rises	Sun Rises	Sun Sets	Moon Rises
			h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
1	S	♈	4 14	7 41	2 8	4 21	7 34	2 10	3 58	7 54	1 53
2	M	♈	4 13	7 42	2 27	4 20	7 35	2 31	3 57	7 55	2 8
3	T	♈	4 13	7 43	2 55	4 20	7 36	3 0	3 56	7 56	2 30
4	W	♈	4 12	7 43	3 33	4 19	7 37	3 39	3 55	7 58	3 2
5	T	♈	4 12	7 44	Sets	4 19	7 37	Sets	3 55	7 59	Sets
6	F	♈	4 12	7 45	10 12	4 18	7 38	10 5	3 54	8 0	10 41
7	S	♈	4 11	7 46	10 58	4 18	7 39	10 52	3 54	8 1	11 24
8	S	♈	4 11	7 47	11 35	4 17	7 39	11 30	3 53	8 2	11 55
9	M	♈	4 11	7 47	11 59	4 17	7 40	11 56	3 53	8 3	Morn
10	T	♈	4 10	7 48	Morn	4 17	7 41	Morn	3 52	8 4	0 15
11	W	♈	4 10	7 48	0 18	4 16	7 42	0 16	3 52	8 4	0 25
12	T	♈	4 10	7 49	0 35	4 16	7 43	0 35	3 52	8 5	0 35
13	F	♈	4 10	7 49	0 57	4 16	7 43	0 58	3 51	8 6	0 54
14	S	♈	4 10	7 50	1 14	4 16	7 44	1 17	3 51	8 6	1 2
15	S	♈	4 10	7 50	1 34	4 16	7 44	1 39	3 51	8 7	1 16
16	M	♈	4 10	7 51	2 2	4 16	7 44	2 8	3 50	8 7	1 36
17	T	♈	4 10	7 51	2 40	4 16	7 45	2 48	3 50	8 8	2 8
18	W	♈	4 10	7 52	Rises	4 17	7 45	Rises	3 50	8 8	Rises
19	T	♈	4 10	7 52	9 22	4 17	7 45	9 14	3 50	8 9	9 54
20	F	♈	4 10	7 52	10 2	4 17	7 46	9 56	3 50	8 9	10 32
21	S	♈	4 11	7 53	10 33	4 18	7 46	10 27	3 50	8 10	10 57
22	S	♈	4 11	7 53	10 56	4 18	7 46	10 51	3 51	8 10	11 15
23	M	♈	4 11	7 53	11 12	4 18	7 46	11 9	3 51	8 10	11 25
24	T	♈	4 11	7 53	11 26	4 19	7 46	11 24	3 51	8 10	11 32
25	W	♈	4 12	7 53	11 35	4 19	7 46	11 35	3 52	8 10	11 37
26	T	♈	4 12	7 53	11 56	4 19	7 46	11 56	3 52	8 10	11 51
27	F	♈	4 12	7 53	Morn	4 20	7 46	Morn	3 52	8 10	Morn
28	S	♈	4 13	7 53	0 10	4 20	7 45	0 14	3 52	8 10	0 1
29	S	♈	4 13	7 53	0 27	4 21	7 45	0 31	3 53	8 9	0 12
30	M	♈	4 13	7 52	0 52	4 21	7 45	0 57	3 54	8 9	0 20

WEATHER FORECAST FOR JUNE, 1913.

1st to 4th, general rains. 5th to 9th, cool, damp and foggy. 10th to 14th, advanced heat. 15th to 18th, sultry wave. 19th to 23rd, thunder showers. 24th to 27th, heavy fogs. 28th to 30th, rain, cloudy conditions general.

History of Mother Goose.

Mother Goose was not a fictitious name, but it was her real name. Her maiden name was Elizabeth Foster, born in Charlestown, Mass., a suburb of Boston, in 1665.

It seems that from a child she was fond of making rhymes. Some of these were so full of humor they would be an honor to Mark Twain or Artemus Ward. She tells us that

"Dr. Foster went to Gloucester
In a shower of rain;
He stepped in a puddle
Up to his middle
And he never went that way again."

About the year 1692 she married Isaac Goose, whose wife had died a short time before and left ten motherless children. She was then twenty-seven years old. She

seems to have been influenced largely through sympathy for Father Goose and the ten little goslings. Then six children of her own were added to the family, and Mother Goose tells us in one of her stories that "she had so many children she did not know what to do."

Probably she sang them to sleep at night to the song of "rock-a-bye, baby, in the tree top," or "Bye-o-baby Bunting, father's gone a-hunting."

But when Joshua and Giffillan took the buckets and went to the top of the hill behind the house to bring water from the spring and an awful disaster befell them, very likely while she was patching their faces up with liniment and sticking plaster,

(Continued on page 15.)

For Women Who Suffer

Considering pain from the standpoint of sex, woman probably suffers more than man. The complex organs peculiar to her sex, render her susceptible to many forms of severe suffering. The pains attending disorders of a sexual nature are, moreover, usually of the most acute character, causing suffering that only a woman can appreciate. Often women on account of a false understanding of modesty, fail to seek relief from certain ailments, preferring to endure pain to the point of agony. Such a course, however, is as unnecessary as it is foolish, as many women who have suffered much in the past now know.

Today great numbers of women after a thorough and impartial trial understand the value of Dr. Miles' Anti-Pain Pills. These pills are used for headache, neuralgia and all other pain. In relieving pains attending regular periods or suffering resulting from injury or derangement of the womanly organs, Dr. Miles' Anti-Pain Pills have proven wonderfully successful. By allaying irritation of the uterine and ovarian nerves Dr. Miles' Anti-Pain Pills enable women to pass through critical periods in comparative comfort.

Women who have used them the longest are strongest in their praise. To permanently relieve certain female disorders, special treatment or an operation may be necessary, but the first requisite, viz. relief from pain, will be found in Dr. Miles' Anti-Pain Pills. Every woman should have a box at hand at all times.

Sold by all druggists, in boxes only, 25 doses for 25 cents.

[Read the letters on this page. They are honest letters from honest people.]

Fun in Advertisements

The following advertisements appeared in various papers some years ago:

"Bulldog for sale; will eat anything; very fond of children."

"Wanted a boy to be partly outside and partly behind the counter."

"Widow in comfortable circumstances wishes to marry two sons."

"Animal sale now on; don't go elsewhere to be cheated; come here."

"A lady wants to sell her piano, as she is going abroad in a strong, iron frame."

"Lost, near Highgate Archway, an umbrella belonging to a gentleman with a bent rib and a bone handle."

"Mr. Jones, furrier, begs to announce that he will make up gowns, caps, etc., for ladies out of their own skins."

"Wanted, an airy bedroom for a gentleman 22 feet long and 11 feet wide."

Recently this line appeared in a daily paper:

"A carload of bricks came in for a walk through the Park."

Stops Neuralgia

"I have great pleasure in writing a few lines in testimony of the great relieving powers of Dr. Miles' Anti-Pain Pills. While suffering from neuralgia I procured some of the pills and took one, following a half hour later with a second. I was surprised at the speedy and permanent relief. I have since purchased a regular supply from my druggist. I wish to thank you most heartily for these Anti-Pain Pills and also for the interesting and instructive pamphlets enclosed with them. I will recommend Dr. Miles' Anti-Pain Pills to any sufferers I may meet, as I have proven their worth. You may make any use of this letter you may wish for your success and benefit."

ALFRED E. LEE,

299 Lulu St., Winnipeg, Man.

Nothing So Good

"Dr. Miles' Anti-Pain Pills are all right. I have never used anything so good. I suffered with headache terribly, had it almost every day, but I feel like a new woman now. Some time ago I took a bottle of Dr. Miles' Blood Purifier and it helped me wonderfully. I believe if it had not been for Dr. Miles' Remedies I would have gone out of my mind, as it is a critical time in my life. My husband joins me in praise of Dr. Miles' medicines."

MRS. HARRY EDWARDS,
Smith Falls, Ont.

Act Like Magic

"Dr. Miles' Anti-Pain Pills are surely magic, they relieve pain so quickly. Their effect is excellent for the pains a woman has to contend with, and they have never failed me for whatever I have taken them."

MRS. E. H. HALL, Kincaird, Sask.

Do Much Good

"Dr. Miles' Anti-Pain Pills do me so much good that I always keep a supply on hand, as I suffer occasionally from headache."

MRS. F. H. QUICK,
Johnson Blk., Sargent Ave., Winnipeg, Man.

"Tell Every Woman"





"For fourteen years I had a constant pain in the right ovary and was unable to wear a corset without intense suffering. I spent hundreds of dollars employing the best physicians and buying medicines and plasters, but none gave relief until I began using Dr. Miles' Anti-Pain Pills. They relieved me at once and I consider them indispensable and heartily recommend them to ladies suffering from such troubles. When I think of the comfort they gave me after the agony I endured, I feel that I must tell every woman about them."
































MRS. M. A. BIRDSALL,
Canandaigua, N. Y.

7th Month

July 1913

31 Days

Moon's Phases.		Halifax	Montreal	Toronto	Winnipeg	Vancouver
 New Moon.	D 4-3	h. m. 0 52 M	h. m. 0 12 M	h. m. 11 50 E	h. m. 10 37 E	h. m. 8 52 E
 First Quarter.	10	5 23 E	4 43 E	4 21 E	3 8 E	1 23 E
 Full Moon.	18-17	1 52 M	1 12 M	0 50 M	11 37 E	9 52 E
 Last Quarter.	26	5 45 M	5 5 M	4 43 M	3 30 M	1 45 M

Day Month.	Day Week.	Zodiac Signs.	For Montreal, Quebec and regions of St. Lawrence and Ottawa rivers.			For Toronto and Province of Ontario lying on and between Great Lakes.			For Manitoba, the N. W. Territory and B. C.		
			Sun Rises	Sun Sets	Moon Rises	Sun Rises	Sun Sets	Moon Rises	Sun Rises	Sun Sets	Moon Rises
			h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
1	T		4 15	7 52	1 26	4 22	7 45	1 32	3 55	8 9	0 56
2	W		4 16	7 52	2 9	4 23	7 45	2 16	3 55	8 9	1 37
3	T		4 16	7 52	3 5	4 23	7 45	3 13	3 56	8 8	2 32
4	F		4 17	7 51	Sets	4 24	7 44	Sets	3 57	8 8	Sets
5	S		4 17	7 51	9 32	4 25	7 44	9 27	3 58	8 8	9 55
6	S		4 18	7 51	10 2	4 25	7 44	9 58	3 59	8 8	10 20
7	M		4 19	7 50	10 23	4 26	7 43	10 21	3 59	8 7	10 32
8	T		4 20	7 50	10 39	4 27	7 43	10 39	4 0	8 7	10 42
9	W		4 20	7 49	11 2	4 28	7 42	11 3	4 1	8 6	10 59
10	T		4 21	7 49	11 19	4 28	7 42	11 21	4 2	8 6	11 10
11	F		4 22	7 48	11 39	4 29	7 41	11 43	4 3	8 5	11 21
12	S		4 23	7 48	Morn	4 30	7 41	Morn	4 4	8 5	11 39
13	S		4 24	7 47	0 4	4 30	7 40	0 10	4 5	8 4	Morn
14	M		4 25	7 46	0 39	4 31	7 40	0 45	4 6	8 3	0 7
15	T		4 26	7 45	1 22	4 32	7 39	1 29	4 7	8 2	0 48
16	W		4 27	7 44	2 12	4 33	7 38	2 20	4 8	8 1	1 39
17	T		4 28	7 44	Rises	4 34	7 37	Rises	4 9	8 0	Rises
18	F		4 29	7 43	8 34	4 34	7 37	8 28	4 10	7 59	9 1
19	S		4 30	7 42	8 58	4 35	7 36	8 54	4 12	7 58	9 20
20	S		4 31	7 41	9 18	4 36	7 35	9 14	4 13	7 57	9 32
21	M		4 32	7 40	9 32	4 37	7 35	9 29	4 14	7 56	9 41
22	T		4 33	7 39	9 43	4 38	7 34	9 42	4 16	7 55	9 47
23	W		4 34	7 38	10 1	4 39	7 33	10 2	4 17	7 54	10 0
24	T		4 35	7 37	10 14	4 40	7 32	10 17	4 18	7 53	10 8
25	F		4 36	7 36	10 30	4 41	7 31	10 33	4 19	7 52	10 16
26	S		4 37	7 35	10 52	4 42	7 30	10 56	4 20	7 50	10 30
27	S		4 38	7 34	11 20	4 43	7 29	11 26	4 22	7 49	10 54
28	M		4 39	7 33	11 58	4 44	7 28	Morn	4 23	7 47	11 27
29	T		4 40	7 32	Morn	4 45	7 27	0 5	4 25	7 46	Morn
30	W		4 41	7 31	0 48	4 46	7 26	0 56	4 26	7 44	0 15
31	T		4 42	7 30	1 49	4 48	7 25	1 56	4 27	7 43	1 15

WEATHER FORECAST FOR JULY, 1913.

1st to 3rd, mild, pleasant period. 4th to 8th, thunder showers. 9th to 13th, great heat. 14th to 18th, tornado storms. 19th to 22nd, bright days and cool nights. 23rd to 27th, storm wave. 28th to 31st, unsettled wave, much wind.

History of Mother Goose—Continued

and while they were still crying, she soothed their broken spirits and made them laugh by singing:

"Jack and Gill went up the hill

To get a pail of water;

Jack fell down and cracked his crown

Jill came tumbling 'after."

By and by the family was scattered. Father Goose was gathered to his people in the home beyond and Mother Goose was left alone. Her daughter Elizabeth had married Thomas Fleet, a printer, and they were living in Pudding Lane, Boston.

Thomas Fleet had a wise head. He thought that if his own children could be so much entertained by the homely rhymes of his mother-in-law, they were worth printing for the amusement of other child-

ren. Thus he began to write down her jingles whenever he got a chance, and he would follow her about the house and ask for more of her rhymes.

One day Mr. Fleet, coming in, laid before the astonished eyes of Mother Goose the first volume of the book that has now become famous. The dear old lady laughed when she turned to the title page and found the picture of a goose with its mouth wide open. The new book bore this title: "Songs for the Nursery; or, Mother Goose's Melodies for Children. Printed by T. Fleet, at His Printing House, Pudding Lane, 1719, Price, Two Coppers."

We are told that she lived with her daughter and son-in-law thirty-eight years and added rhymes to each new edition, and died in 1757, at the age of 92.

Hope for Epileptics

The disease now called epilepsy has been known to the medical profession many hundreds of years. It was described as long ago as four hundred years before Christ as clearly as physicians describe it today. During the centuries epilepsy has been known, its nature and course have been the same. It seems to appear without regard to sex or station in life. It visits rich and poor alike. Julius Caesar and Napoleon Bonaparte, two of the world's greatest generals are said to have been epileptics. Physicians are not agreed as to the causes of epilepsy, some holding it is a hereditary disease and others that it is due to derangement of the nervous system regardless of ancestry. That the disease is a nervous disturbance, however, there is no dispute. It has been likened to a nervous "explosion" in the brain, which takes place when the nerves, unable to withstand the strain imposed upon them, give way, or "explode."

Epileptic symptoms, in the mild form of the disease, may consist only of a momentary dizziness, accompanied perhaps by nausea, and loss of vision. These attacks pass over quickly, sometimes without the knowledge of the sufferers. The violent attacks usually start with a cry or exclamation, the arms and limbs become rigid, the sufferer falling to the ground. The face becomes swollen and the eyes protrude. Usually the patient froths at the mouth, sometimes biting the tongue.

While epilepsy is a terrible affliction, those who have it need not abandon

(Continued on page 18.)

[Read the letters on this page. They are honest letters from honest people.]

The South Pole

The south pole is situated on an antarctic continent larger than the United States and with an area of 5,000,000 miles.

The pole is on a tableland about 10,000 feet above the sea level.

The great ice barrier is a glacier 700 miles wide and hundreds of miles broad in places; it varies from 100 to 300 feet in height.

The breaking off of portions of this ice barrier each summer produces the greatest crop of icebergs in the world.

Mount Erebus belches steam and lava within the circle of eternal ice.

Vegetation in the antarctic continent consists entirely of moss; the land animal life is limited to a species of wingless insects very primitive in form.

The only human beings in the antarctic continent are explorers; no traces of native inhabitants have ever been discovered.

Penguins, great, awkward birds, exist along the coast in some parts.

There is little snow on the lower plateau, necessitating explorers carrying tents; the surface is smooth ice.

Scientists claim that centuries ago the south pole was a tropical region filled with plant and animal life.

Epilepsy Thirty Years

"After being afflicted for nearly thirty years with that dread disease, epilepsy, and taking treatment from various physicians with little relief, I commenced taking Dr. Miles' Nervine, about seven years ago. Since that time I have had but a few light spells, and am a well man today. I am feeling fine and weigh more than I have in thirty-five years. You are at liberty to make public any or all of the correspondence I have had with you at any time."

A. F. AMAN,

140 W. Broadway, Grand Rapids, Mich.



St. Vitus' Dance

"I am indeed glad to have the opportunity of telling of the great benefit I received from Dr. Miles' Nervine. It is the best medicine in the world for St. Vitus' dance or nervous prostration. My nervousness was of long standing and I did not expect medicine to affect me except after long use. But soon after I began to use Dr. Miles' Nervine I noticed an improvement in my condition. Before I had finished the first bottle I knew it would cure me. In my life I have tried many other kinds of medicine without its doing me any good, so I have great faith in Dr. Miles' Nervine."

MRS. E. H. HALL, Kincorth, Sask.

Mother is Thankful

"My little girl, six years old, had spells the doctor called epilepsy. She would stop or stagger and sometimes fall when not standing on level ground. Other times she would just stop and stand still until the spell was over. A doctor told me there was no cure for her. Now I want to write and tell you she is well and shows no sign of the spells any more, after taking three bottles of Dr. Miles' Nervine. I also gave her your Nerve and Liver Pills. The Nervine began to help her from the start and when she began on the second bottle she had not had a spell in two weeks. After taking the third bottle she has shown no signs of any more spells in two months. I am so thankful for the good Dr. Miles' Nervine has done for me that I will always keep it in the house. I want to see this letter in print, so others may know of it. I will add that my little girl loved to take the Nervine because it helped her so."

MRS. ANNA COLLINS, Mosheim, Tex.

8th Month

August 1913 31 Days

Moon's Phases.			Halifax			Montreal			Toronto			Winnipeg			Vancouver		
	D		h. m.			h. m.			h. m.			h. m.			h. m.		
New Moon.	2		8 44	M		8 4	M		7 42	M		6 29	M		4 44	M	
First Quarter.	8		11 49	E		11 9	E		10 47	E		9 34	E		7 49	E	
Full Moon.	16		4 23	E		3 33	E		3 11	E		1 58	E		0 13	E	
Last Quarter.	24		8 4	E		7 24	E		7 2	E		5 49	E		4 4	E	
New Moon.	31		4 24	E		3 44	E		3 22	E		2 9	E		0 24	F	

Day Month.	Day Week.	Zodiac Signs.	For Montreal, Quebec and regions of St. Lawrence and Ottawa rivers.			For Toronto and Province of Ontario lying on and between Great Lakes.			For Manitoba, the N. W. Territory and B. C.		
			Sun Rises h. m.	Sun Sets h. m.	Moon Rises h. m.	Sun Rises h. m.	Sun Sets h. m.	Moon Rises h. m.	Sun Rises h. m.	Sun Sets h. m.	Moon Rises h. m.
1	F	♋	4 43	7 28	3 3	4 49	7 23	3 10	4 29	7 41	2 31
2	S	♋	4 44	7 27	Sets	4 50	7 22	Sets	4 30	7 40	Sets
3	S	♋	4 45	7 26	8 26	4 51	7 21	8 23	4 32	7 38	8 40
4	M	♋	4 46	7 25	8 45	4 52	7 20	8 44	4 33	7 37	8 50
5	T	♋	4 47	7 23	9 11	4 53	7 18	9 11	4 35	7 36	9 11
6	W	♋	4 49	7 22	9 25	4 54	7 17	9 28	4 37	7 34	9 18
7	T	♋	4 50	7 20	9 43	4 55	7 16	9 48	4 39	7 32	9 27
8	F	♋	4 51	7 19	10 8	4 56	7 14	10 13	4 40	7 30	9 44
9	S	♋	4 52	7 18	10 38	4 57	7 13	10 44	4 41	7 28	10 8
10	S	♋	4 54	7 16	11 19	4 59	7 11	11 26	4 43	7 27	10 46
11	M	♋	4 55	7 15	Morn	5 0	7 10	Morn	4 44	7 25	11 35
12	T	♋	4 56	7 13	0 8	5 1	7 8	0 15	4 46	7 23	Morn
13	W	♋	4 58	7 11	1 5	5 2	7 7	1 13	4 48	7 21	0 32
14	T	♋	4 59	7 10	2 9	5 3	7 5	2 16	4 49	7 19	1 36
15	F	♋	5 0	7 8	3 15	5 4	7 3	3 22	4 50	7 18	2 48
16	S	♋	5 1	7 6	Rises	5 5	7 2	Rises	4 51	7 16	Rises
17	S	♋	5 2	7 5	7 41	5 6	7 1	7 37	4 53	7 14	7 51
18	M	♋	5 3	7 3	7 51	5 7	7 0	7 50	4 54	7 12	7 57
19	T	♋	5 5	7 1	8 10	5 8	6 58	8 10	4 56	7 10	8 11
20	W	♋	5 6	6 59	8 21	5 9	6 57	8 22	4 58	7 8	8 17
21	T	♋	5 7	6 58	8 36	5 10	6 55	8 38	4 59	7 6	8 24
22	F	♋	5 8	6 56	8 53	5 11	6 52	8 58	5 1	7 4	8 36
23	S	♋	5 10	6 54	9 17	5 12	6 50	9 23	5 2	7 2	8 54
24	S	♋	5 11	6 52	9 51	5 14	6 49	9 58	5 4	7 0	9 23
25	M	♋	5 12	6 50	10 35	5 15	6 47	10 42	5 5	6 58	10 2
26	T	♋	5 13	6 49	11 30	5 16	6 45	11 38	5 6	6 56	10 57
27	W	♋	5 14	6 47	Morn	5 17	6 43	Morn	5 8	6 54	Morn
28	T	♋	5 16	6 45	0 36	5 18	6 40	0 43	5 9	6 52	0 2
29	F	♋	5 17	6 43	1 54	5 20	6 39	2 0	5 11	6 50	1 21
30	S	♋	5 18	6 41	3 15	5 21	6 38	3 20	5 12	6 48	2 49
31	S	♋	5 20	6 40	4 40	5 23	6 37	4 43	5 14	6 45	4 23

WEATHER FORECAST FOR AUGUST, 1913.

1st to 4th, backward weather. 5th to 9th, sweltering period. 10th to 14th, showery. 15th to 20th, advanced heat. 21st to 24th, hot and stormy. 25th to 28th, cool. 29th to 31st, thunder storms.

Neuralgia

"For more than ten years I have been a great sufferer from sick headache and neuralgia. I have used many remedies but without relief. A druggist advised me to try Dr. Miles' Anti-Pain Pills. I got a box and the first one I took eased the pain. I went to sleep and slept soundly all night. We have kept them in the house for years and would not be without them. They are the greatest pain killers I ever used and am glad to recommend them to any suffering from neuralgia or headache."

E. C. F. WEINRICH, 729 Gallaway Ave., Memphis, Tenn.

Pointed Paragraphs.

Doing the right thing is seldom a source of worry.

The fire of genius is often unable to make the pot boil.

The majority of umbrella thieves are borrowers in disguise.

Every man knows what he will do in an emergency—until the time comes.

Lawyers would probably starve to death if the fool killer wasn't so far behind with his work.

Many a man's success is due to his ability to use other men's brains.

A woman always has some cause for being dissatisfied. If it isn't her hat it may be her husband.

It costs more to be engaged than it does to get married. But in some instances it is worth more.

And the more some people expect the more surprised they are if their expectations are realized.

Hope for Epileptics—Continued

hope. If it cannot always be cured, it can at least be relieved. Many epileptics, by taking proper care of themselves, are able to follow some occupation and thus be self supporting. And the careers of Caesar and Napoleon should be an inspiration to those who would lose heart. Treatment for epilepsy should be begun promptly, as the disease grows worse with time. A remedy of proven value to the nervous system should be employed, and as such Dr. Miles' Nervine is recommended. The success of the Nervine in relieving epilepsy, St. Vitus' dance, spasms and convulsions has been remarkable. Originally prescribed for nervous afflictions by Dr. Miles thirty years ago, the Nervine has been subjected to the severest possible test. And the passing of time has served only to emphasize the good opinion thousands have of this remedy.

Dr. Miles' Nervine is designed to lend that assistance to weakened nerves, which is necessary to restore normal conditions. With intelligent help, nature can accomplish much for good health, and it is this help Dr. Miles' Nervine supplies. Its beneficial results are due to its action in relieving the irritated nerve centers which supply the body with the nervous energy necessary to health. A trial will convince you of its merit in this respect.

The many letters from those who have used Dr. Miles' Nervine in treating epilepsy and other severe nervous disorders, are the best evidence of its reliability. People who praise from no motive excepting gratitude must be believed. But it is a simple matter to try Dr. Miles' Nervine yourself, without risk. For, if the first bottle fails to benefit, the price will be returned at your request. Any druggist will supply you with Dr. Miles' Nervine under this guarantee. Nervous sufferers should not fail to take advantage of this offer.

[Read the letters on this page. They are honest letters from honest people.]

The Shirker

If you don't do your share of work in the world the chances are that some one else will have to do it for you. But you won't draw his overtime or secure his promotions, or those that might have been yours had you tried. There is a good deal of justice in the world, regardless of what the croakers and malcontents may tell you, and the shirker, in dodging his work, misses his pay, which goes to a better man, who will probably prosper and be called a thief because he attended to business and was industrious and polite. His compensation lies in the knowledge of work well done, as well as the material reward, and somewhat, perhaps, in the fact that the opinion of his detractors may not be so important after all.—Ed. Howe.

Spasms Cured

"From the time my son was seven and one-half months old until he was three and one-half years old, he had nervous spasms which resembled epilepsy. He would scream and throw his hands back, grow rigid and close his eyes and at once become unconscious. We employed the best physicians we could find but they failed to help him. We feared he would lose his mind for he had those terrible spells, seven or eight daily, for weeks at a time. We were absolutely without any hope of his recovery for the physician said it was impossible for him to live. A lady who was a stranger to us heard of our boy's affliction and told us she believed Dr. Miles' Restorative Nervine would cure him for it cured her son of the same malady. We procured a bottle and gave the Nervine as directed. After using one-half bottle, there was marked improvement. When he had taken one bottle, the spasms diminished to two a day and when he had taken three and one-half bottles he was entirely cured and never has had a spell since. Now he is a healthy strong young man, eighteen years of age and has a newspaper route delivering papers every day in the week to 240 subscribers. His paper route is paid for and he has saved \$700.00 and is keeping up the premiums on \$1,000 life insurance; we give all the credit to Dr. Miles' Restorative Nervine for we know it saved his life."

MRS. BELLE M. TINDALL,
3019 Franklin St., Denver, Colo.

Epileptic Spells

"When I was about twenty years old I was troubled with epilepsy, the spells generally coming on me at night. I suffered for twelve or thirteen years. I tried doctors all over the country with little if any benefit at all. At last I began to take Dr. Miles' Nervine. I determined to give it a thorough trial and got one dozen bottles, and took a few doses every day. I then started on the second dozen bottles, taking three doses a day, then six bottles one dose at night. This has been sixteen years ago, and I have not had even a symptom since. I can and will recommend Dr. Miles' Nervine to anyone that suffers with epilepsy."

J. W. MARTIN,
Sylvestér, Texas.

"I suffered with nervous prostration and felt there was no use trying to get well. At last a friend of mine recommended Dr. Miles' Nervine to me. I took some but thought it no use trying, but I found out to my great surprise that it did the work. If these few lines will be of benefit to anyone please use them, as I recommend Dr. Miles' Nervine to anyone I think needs it."

MRS. D. I. JONES,
6908 Zoeter Ave., Cleveland, Ohio.

9th Month **September 1913** 30 Days

Moon's Phases.			Halifax	Montreal	Toronto	Winnipeg	Vancouver
☾ First Quarter.	D	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
☾ Full Moon.	7	8 52 M	8 12 M	7 50 M	6 37 M	4 52 M	
☾ Last Quarter.	15	8 32 M	7 52 M	7 30 M	6 17 M	4 32 M	
☾ New Moon.	23	8 16 M	7 36 M	7 14 M	6 1 M	4 16 M	
	30-29	0 43 M	0 3 M	11 41 E	10 28 E	8 43 E	

Day Month.	Day Week.	Zodiac Signs.	For Montreal, Quebec and regions of St. Lawrence and Ottawa rivers.			For Toronto and Province of Ontario lying on and between Great Lakes.			For Manitoba, the N. W. Territory and B. C.		
			Sun Rises	Sun Sets	Moon Sets	Sun Rises	Sun Sets	Moon Sets	Sun Rises	Sun Sets	Moon Sets
			h. m.	m.	h. m.	Sets	h. m.	h. m.	h. m.	h. m.	h. m.
1	M	♈	5 21	6 38	Sets	5 24	6 35	Sets	5 16	6 43	Sets
2	T	♈	5 22	6 36	7 30	5 25	6 34	7 31	5 17	6 41	7 25
3	W	♈	5 23	6 34	7 48	5 26	6 32	7 51	5 19	6 39	7 34
4	T	♈	5 24	6 32	8 9	5 27	6 30	8 14	5 20	6 37	7 48
5	F	♈	5 26	6 30	8 38	5 28	6 28	8 44	5 22	6 35	8 12
6	S	♈	5 27	6 28	9 17	5 29	6 26	9 24	5 23	6 33	8 44
7	S	♈	5 28	6 26	10 4	5 30	6 24	10 12	5 24	6 31	9 30
8	M	♈	5 29	6 24	10 59	5 31	6 22	11 6	5 26	6 28	10 25
9	T	♈	5 30	6 22	Morn	5 32	6 20	Morn	5 27	6 26	11 28
10	W	♈	5 31	6 20	0 2	5 33	6 19	0 9	5 29	6 24	Morn
11	T	♈	5 33	6 18	1 7	5 34	6 18	1 13	5 31	6 22	0 36
12	F	♈	5 34	6 16	2 14	5 35	6 15	2 20	5 32	6 19	1 50
13	S	♈	5 35	6 15	3 23	5 36	6 14	3 27	5 34	6 18	3 5
14	S	♈	5 36	6 13	4 30	5 37	6 11	4 33	5 35	6 16	4 19
15	M	♈	5 38	6 11	Rises	5 39	6 9	Rises	5 37	6 13	Rises
16	T	♈	5 39	6 9	6 31	5 40	6 8	6 31	5 39	6 11	6 28
17	W	♈	5 40	6 7	6 43	5 41	6 6	6 45	5 40	6 9	6 34
18	T	♈	5 42	6 7	6 59	5 42	6 5	7 3	5 42	6 7	6 43
19	F	♈	5 43	6 6	7 21	5 43	6 3	7 25	5 44	6 5	6 59
20	S	♈	5 44	6 5	7 52	5 44	6 1	7 57	5 47	6 3	7 24
21	S	♈	5 45	6 3	8 30	5 46	5 59	8 36	5 48	6 1	7 58
22	M	♈	5 47	6 1	9 19	5 47	5 57	9 26	5 49	5 58	8 46
23	T	♈	5 48	5 58	10 19	5 48	5 56	10 27	5 50	5 57	9 46
24	W	♈	5 49	5 56	11 28	5 50	5 54	11 35	5 51	5 55	10 57
25	T	♈	5 50	5 54	Morn	5 51	5 52	Morn	5 53	5 52	Morn
26	F	♈	5 50	5 52	0 44	5 52	5 50	0 50	5 54	5 50	0 17
27	S	♈	5 52	5 50	2 8	5 53	5 48	2 12	5 56	5 48	1 46
28	S	♈	5 53	5 47	3 34	5 55	5 47	3 36	5 56	5 45	3 22
29	M	♈	5 54	5 45	5 0	5 56	5 45	5 1	5 57	5 44	4 57
30	T	♈	5 56	5 42	Sets	5 57	5 43	Sets	5 58	5 42	Sets

WEATHER FORECAST FOR SEPTEMBER, 1913.

1st to 4th, storm period. 5th to 9th, clear, pleasant. 10th to 15th, stormy. 16th to 20th, cloudy and threatening. 21st to 26th, heavy gales. 27th to 30th, unsettled period.

Heart Disease Cured

"Both my grandmothers and my father died of heart trouble and I had it for two years myself. My doctor did me no good. I had to take strychnine tablets every four hours for four months. I knew from experience that Dr. Miles' Nervine was good so I decided to try Dr. Miles' Heart Remedy. I took six bottles in all. That was seven years ago and I have not had a spell or pain in my heart since. When I began to take the Heart Remedy I had no idea it would cure me, now I know that it did cure me."

MRS. I. V. MYERS, 1801 Crump St., Ft. Worth, Tex.

Most of us are starting something we can't finish.

A woman isn't necessarily sixty because she talks like it.

A woman with a secret sorrow never rests until it is known.

You can get most of the things you want by working hard for them.

The man who thinks three times before he speaks has but little to say.

The landlord never raises any objections when the tenant raises the rent.

What the average man can't understand is why his wife has so much faith in him.

Just when a man has nothing to say he is asked to make a speech.

The actions of the man behind a big bass drum speak louder than his words.

Better stick to your own small line, my son. The other fellow's business isn't all profit.

Women are naturally charitable. They would much rather share a secret with others than keep it.

Probably there is nothing that will make a woman quite so happy as the possession of a thing her rival wants and can't afford.

To Relieve Neuralgia

The sharp, shooting pains that accompany neuralgia cause acute suffering. Whether resulting from exposure to cold or from causes within the body, the sufferer pays the same penalty in pain. Neuralgic pains are really pains in the nerves, and if we stop and consider how extremely sensitive our nerves are, it is easy to understand why neuralgia causes such great distress. Most people know from experience how a tooth with an exposed nerve can hurt. And if it be remembered that the pains of neuralgia are similar to those of toothache, the neuralgic victim need not wonder at his agony.

One of the worst things about neuralgia is its tendency to become more frequent after its first visit. It seems to take delight in returning, with interest, its "first call," without asking whether or not it is welcome. Again, the sufferer never knows in what part of the body an attack may begin. Being a nervous disorder, neuralgia has a habit of "jumping" to unexpected places and seems to lay claim to the entire body for its activities.

The face, head, neck and back are favorite points of attack. Backache or lumbago is a common form of neuralgia. The stomach, bowels, liver, kidneys, in fact, any vital organ may be the seat of attacks. Neuralgia of the heart is one of the most dreaded of heart troubles and often results in death.

The first step in the treatment of neuralgia is to relieve the pain. Other measures to remove the cause may come later. For allaying pain, quieting the irritated nerves and restoring a feeling of comfort and relief, there is no more valuable remedy than Dr. Miles' Anti-Pain Pills. And no remedy is more widely used for similar purposes.

For headache, neuralgia and nervous irritability resulting from worry or excitement they are unsurpassed.

Dr. Miles' Anti-Pain Pills may be obtained at any drug store. Sold in boxes only, 25 doses for 25 cents.

[Read the letters on this page. They are honest letters from honest people.]

The Pig and the Corn

A hungry pig saw a pile of corn and determined to steal it. There were nine ears in the pile. The pig carried three ears from the pile at a time. How many trips did he make?

Here is a puzzle that puzzles everybody: Take the number of your living brothers, double the amount, add to it three, multiply by five, add to it the number of your living sisters, multiply the result by ten, add the number of deaths of brothers and subtract 150 from the result. The right figure will be the number of deaths, the middle will be the number of living sisters and the left will show the number of living brothers. Try it and see.

Pains in Head

"I had tried Dr. Miles' Heart Remedy and knew what it would do, but when I had the grip I did not think of the other remedies until I had suffered for several weeks. I had terrible pains in my head and eyes. It felt as though there was a heavy weight on the top of my head and extending down my face until it seemed that my brain would burst my head open. I was so nervous that I could not rest or sleep. When I would doze off for a few minutes I would awake with a sudden jerking of my whole body. I began taking your Nervine, Heart Remedy and Nerve and Liver Pills, and must say they did splendid work. I have recommended them to a number of my friends, and never knew them to disappoint."

MRS. ALVIN H. LOCKE, Seabrook, N. H.

Neuralgia Relieved

"Exposure to the cold and snow caused neuralgia in my head to such an extent that I had to go to bed. I took two of the Dr. Miles' Anti-Pain Pills and fell asleep. After I awoke I found the pain very much better and took another Pain Pill and went to sleep again, sleeping all night without any distressing pains. They are the finest Anti-Pain Pills I believe in existence and I would not be without them in the house. Often the men come to my husband's shop with headaches from excesses the night before. My husband gives them a pill or two and after having seen the wonderful relief to be had from such a small amount of medicine they have in every case bought a box. Dr. Miles cannot be thanked enough for giving suffering humanity such a reliable, ever ready to be depended on, remedy as the Dr. Miles' Anti-Pain Pills."

MRS. WM. FESSLER,

250 S. 4th St., Reading, Penna.

"We have no reason to change our former good opinion of Dr. Miles' Remedies. We always keep your Anti-Pain Pills in the house and use them."

M. M. DAYTON,

Grand Rapids, Mich.

"I still use the Dr. Miles' Anti-Pain Pills and after over eighteen years of their use, like them as well as ever; and find that I do not have to increase the dose and they have never yet failed to produce the desired effect."

MRS. W. H. MARSHALL,

Englewood, Colo.

10th Month

October 1913. 31 Days

Moon's Phases.		Halifax		Montreal		Toronto		Winnipeg		Vancouver	
	D	h. m.		h. m.		h. m.		h. m.		h. m.	
First Quarter.	6	9	32 E	8	52 E	8	30 E	7	17 E	5	32 E
Full Moon.	15-14	1	53 M	1	13 M	0	51 M	11	38 E	9	53 E
Last Quarter.	22	6	39 E	5	59 E	5	37 E	4	24 E	2	30 E
New Moon.	29	10	15 M	9	35 M	9	13 M	8	0 M	6	15 M

Day Month.	Day Week.	Zodiac Signs.	For Montreal, Quebec and regions of St. Lawrence and Ottawa rivers.			For Toronto and Province of Ontario lying on and between Great Lakes.			For Manitoba, the N. W. Territory and B. C.		
			Sun Rises	Sun Sets	Moon Sets	Sun Rises	Sun Sets	Moon Sets	Sun Rises	Sun Sets	Moon Sets
			h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
1	W	♊	5 58	5 40	6 10	5 57	5 40	6 14	6 0	5 40	5 53
2	T	♋	6 0	5 39	6 36	5 59	5 39	6 42	6 2	5 37	6 11
3	F	♌	6 1	5 37	7 11	6 0	5 38	7 18	6 3	5 35	6 40
4	S	♍	6 2	5 35	7 55	6 1	5 36	8 3	6 5	5 33	7 22
5	S	♎	6 3	5 33	8 49	6 2	5 34	8 57	6 7	5 31	8 17
6	M	♏	6 5	5 31	9 51	6 4	5 33	9 59	6 8	5 29	9 18
7	T	♐	6 6	5 29	10 57	6 5	5 31	11 4	6 9	5 27	10 26
8	W	♑	6 7	5 27	Morn	6 6	5 29	Morn	6 11	5 25	11 41
9	T	♒	6 9	5 25	0 5	6 7	5 28	0 11	6 12	5 23	Morn
10	F	♓	6 10	5 23	1 12	6 8	5 26	1 17	6 14	5 20	0 53
11	S	♊	6 11	5 22	2 21	6 9	5 24	2 24	6 16	5 18	2 7
12	S	♋	6 13	5 20	3 28	6 10	5 23	3 30	6 17	5 16	3 22
13	M	♌	6 14	5 18	4 33	6 12	5 21	4 33	6 19	5 14	4 35
14	T	♍	6 15	5 17	5 35	6 13	5 19	5 34	6 21	5 12	5 42
15	W	♎	6 16	5 15	Rises	6 14	5 18	Rises	6 22	5 9	Rises
16	T	♏	6 18	5 13	5 27	6 15	5 16	5 31	6 24	5 7	5 7
17	F	♐	6 19	5 11	5 55	6 16	5 14	6 1	6 25	5 5	5 29
18	S	♑	6 21	5 10	6 30	6 18	5 13	6 36	6 27	5 4	5 58
19	S	♒	6 22	5 8	7 14	6 19	5 11	7 22	6 29	5 2	6 41
20	M	♓	6 23	5 7	8 11	6 20	5 9	8 18	6 30	5 0	7 37
21	T	♊	6 25	5 5	9 14	6 22	5 8	9 21	6 32	4 58	8 42
22	W	♋	6 26	5 3	10 28	6 23	5 6	10 34	6 34	4 56	9 56
23	T	♌	6 27	5 2	11 44	6 24	5 5	11 48	6 35	4 54	11 20
24	F	♍	6 29	5 0	Morn	6 25	5 3	Morn	6 37	4 52	Morn
25	S	♎	6 30	4 58	1 4	6 27	5 1	1 8	6 39	4 50	0 49
26	S	♏	6 31	4 57	2 31	6 28	5 0	2 33	6 40	4 48	2 22
27	M	♐	6 32	4 55	3 47	6 29	4 58	3 47	6 41	4 46	3 46
28	T	♑	6 34	4 54	5 14	6 31	4 56	5 12	6 43	4 44	5 23
29	W	♒	6 35	4 53	6 42	6 32	4 55	6 39	6 45	4 42	6 58
30	T	♓	6 36	4 50	Sets	6 33	4 53	Sets	6 47	4 40	Sets
31	F	♊	6 38	4 49	5 45	6 34	4 51	5 52	6 48	4 39	5 11

WEATHER FORECAST FOR OCTOBER, 1913.

1st to 3rd, warm wave. 4th to 9th, foggy. 10th to 13th, dry and smoky. 14th to 17th, strong gales, stormy conditions. 18th to 23rd, cold, chilly northwest winds. 24th to 27th, pleasant conditions. 28th to 31st, wind and rain storms.

To Heart Sufferers

"After using several bottles of Dr. Miles' Heart Remedy I feel entirely cured of all my heart troubles, as I have not had one symptom in nearly a month. I am very grateful to you and wish to let others who suffer from heart trouble know of this medicine, and what it has done for me. The doctors said I was beyond help. I wish all sufferers from heart trouble would try the Heart Remedy, for I know it would relieve them."

A. F. SCOTT, 231 W. Broadway, Grand Rapids, Mich.

Needles in China.

The importation of needles at Chungking last year increased by \$1,963,000 to 334,700,000. In many parts of the Province these are put to a use that is not, perhaps, generally known. It is customary to ornament the center of the roof ridge of a Chinese house with an elaborate plaster decoration—usually in the form of a design embodying the character fu, meaning "happiness." To prevent this being damaged by the depredations of crows, large

numbers of needles are stuck point outwards into the plaster while it is still soft.

"I feel no hesitancy in recommending to my friends and neighbors the use of Dr. Miles' Anti-Pain Pills. I have used them for several years, whenever occasion has arisen, and invariably have found immediate relief. I endeavor to have a box on hand at all times."

MRS. G. N. TURNER,
Cleveland, Ohio.

What Constipation Means

"We live not upon what we eat, but upon what we digest," but the importance of this statement is not always understood. Many fall into the error of eating the wrong kinds of food, in the wrong quantities, so that in the course of time digestion is interfered with. One of the most important functions of the digestive system is to carry away waste matter through the bowels. If the right amount of refuse matter is not discarded regularly, the bowels retain what is left, and soon the condition called constipation results. Of the many disorders to which the human body is subject, constipation is one of the more serious, on account of the things it may lead to.

In recent times physicians have come to associate constipation with such severe diseases as epilepsy, asthma, typhoid fever, appendicitis, cancer of the intestines, diabetes, enlargement of the liver and affections of the heart. It is also believed by some physicians to have a relation to the causes of insanity. There seems to be scarcely any avenue of disease, toward which constipation does not lead, in a more or less straight direction. It is therefore impossible to over estimate the importance of keeping the bowels "clean" and regular. Regularity alone is not sufficient—there must be complete evacuation as well.

Decaying matter, if not expelled, gives off poisons which may endanger practically every important organ of the

(Continued on page 24.)

[Read the letters on this page. They are honest letters from honest people.]

A Perfect Man

The perfectly proportioned man, according to United States Army standards, is described as follows:

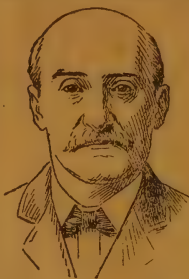
Height, feet.	Weight, pounds	Chest measure at expiration (inches.)	Mobility. inches.
5 4-12	128	32	2
5 5-12	130	32	2
5 6-12	132	32½	2
5 7-12	134	33	2
5 8-12	141	33¼	2½
5 9-12	148	33½	2½
5 10-12	155	34	2½
5 11-12	162	34¼	2½
6	163	34¾	3
6 1-12	176	35¼	3

For infantry, coast artillery and engineers the height must be not less than five feet four inches and weight not more than 190 pounds. For cavalry and field artillery (except mountain batteries) the height must be not less than five feet four inches and not more than five feet ten inches and weight not to exceed 165 pounds.

The minimum weight for all arms of the service is 128 pounds, subject to variations below that standard, but in no case will an applicant whose weight falls below 120 pounds be accepted without special authority from the adjutant-general.

Rheumatism

"Close attention to my business, which is mostly of a sedentary character, brought on indigestion and constipation, followed by headaches, neuralgia and rheumatism. These troubles afflicted me for several years until finally they brought me to a stage where I could hardly digest any substantial food at all. About a year ago I began using Dr. Miles' Nerve and Liver Pills and in one month I was like a new man. I believe that others would find the same relief that I have experienced." M. WINNER, Palestine, Tex.



Nervous Attacks

"I have been troubled with nervous attacks for three years, such as twitching of the muscles after I would lie down, and my feet would jerk. I was very restless nights; did not sleep well, my liver was out of order, in fact, my whole system. Upon recommendation of my mother I took two boxes of Dr. Miles' Nerve and Liver Pills and have been perfectly well ever since. They also left my bowels in good order. I wish to state also that Dr. Miles' Anti-Pain Pills are the finest I have ever used for instant relief of pain in the stomach. I keep them on hand all the time."

MRS. AUGUSTA KEISER,

1149 Portland Ave., Rochester, N. Y.

Nothing But Praise

"I have nothing but praise to Dr. Miles for his wonderful little Nerve and Liver Pills. For about two years I had an awful case of sciatic rheumatism and for weeks could scarcely walk or do any work, and for three weeks was confined to my bed. The doctors did me no good and no remedies that I used seemed to help me a particle. My neighbor told me about Dr. Miles' Nerve and Liver Pills and the first box helped me. I took six boxes in all and for six months I never had an ache or pain. My rheumatism is entirely cured."

MRS. J. DONNELLY,

No. 1 Arch St., Bangor, Me.

"We have used Dr. Miles' Anti-Pain Pills for years and have found them a great help to us. Although we have tried other kinds of Pills, we like Dr. Miles' the best."

LILLIE ROBINSON, Craik, Sask.

"I have used Dr. Miles' Anti-Pain Pills for eight years and have found them the best remedy for headache. I always keep them on hand and recommend them to other

NANCY RUDY, Carstairs, Alta.

11th Month November 1913 30 Days

Moon's Phases.		Halifax	Montreal	Toronto	Winnipeg	Vancouver
	D	h. m.	h. m.	h. m.	h. m.	h. m.
☾ First Quarter.	5	2 20 E	1 40 E	1 18 E	0 5 E	10 20 M
☾ Full Moon.	13	6 57 E	6 17 E	5 55 E	4 42 E	2 57 E
☾ Last Quarter.	21-20	3 43 M	3 3 M	2 41 M	1 28 M	11 43 E
☾ New Moon.	27	9 27 E	8 47 E	8 25 E	7 12 E	5 27 E

Day Month.	Day Week.	Zodiac Signs.	For Montreal, Quebec and regions of St. Lawrence and Ottawa rivers.			For Toronto and Province of Ontario lying on and between Great Lakes.			For Manitoba, the N. W. Territory and B. C.		
			Sun Rises	Sun Sets	Moon Sets	Sun Rises	Sun Sets	Moon Sets	Sun Rises	Sun Sets	Moon Sets
			h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
1	S	♏	6 39	4 47	6 37	6 36	4 50	6 45	6 50	4 37	6 3
2	S	♏	6 41	4 45	7 36	6 37	4 49	7 44	6 52	4 35	7 3
3	M	♏	6 42	4 44	8 43	6 39	4 48	8 50	6 54	4 34	8 10
4	T	♏	6 43	4 42	9 50	6 40	4 46	9 57	6 55	4 32	9 24
5	W	♏	6 45	4 41	11 1	6 41	4 45	11 5	6 57	4 30	10 38
6	T	♏	6 46	4 40	Morn	6 43	4 44	Morn	6 59	4 28	11 54
7	F	♏	6 48	4 38	0 8	6 44	4 43	0 12	7 1	4 27	Morn
8	S	♏	6 49	4 37	1 16	6 46	4 41	1 19	7 3	4 25	1 8
9	S	♏	6 51	4 36	2 23	6 47	4 40	2 23	7 4	4 24	2 22
10	M	♏	6 52	4 35	3 25	6 48	4 39	3 24	7 5	4 23	3 29
11	T	♏	6 53	4 34	4 31	6 50	4 38	4 28	7 7	4 21	4 42
12	W	♏	6 55	4 33	5 39	6 51	4 37	5 36	7 9	4 19	5 56
13	T	♏	6 56	4 32	6 47	6 52	4 36	6 43	7 10	4 18	7 9
14	F	♏	6 57	4 31	Rises	6 54	4 35	Rises	7 12	4 17	Rises
15	S	♏	6 59	4 30	5 12	6 55	4 34	5 20	7 14	4 16	4 40
16	S	♏	7 0	4 29	6 5	6 56	4 33	6 13	7 16	4 14	5 33
17	M	♏	7 1	4 28	7 8	6 58	4 32	7 16	7 17	4 13	6 35
18	T	♏	7 3	4 27	8 19	6 59	4 31	8 25	7 19	4 12	7 47
19	W	♏	7 4	4 26	9 33	7 0	4 30	9 38	7 21	4 11	9 7
20	T	♏	7 5	4 45	10 50	7 1	4 30	10 54	7 23	4 10	10 31
21	F	♏	7 7	4 24	Morn	7 2	4 29	Morn	7 24	4 9	Morn
22	S	♏	7 8	4 24	0 10	7 3	4 28	0 12	7 26	4 8	0 1
23	S	♏	7 9	4 23	1 33	7 4	4 28	1 33	7 27	4 7	1 30
24	M	♏	7 11	4 22	2 47	7 6	4 27	2 46	7 28	4 6	2 51
25	T	♏	7 12	4 21	4 11	7 7	4 27	4 8	7 30	4 5	4 24
26	W	♏	7 13	4 21	5 39	7 8	4 26	5 34	7 31	4 4	5 57
27	T	♏	7 14	4 20	7 1	7 9	4 26	6 54	7 33	4 3	7 26
28	F	♏	7 16	4 20	Sets	7 10	4 25	Sets	7 34	4 2	Sets
29	S	♏	7 17	4 19	5 18	7 11	4 25	5 26	7 36	4 1	4 44
30	S	♏	7 18	4 18	6 23	7 12	4 24	6 31	7 37	4 0	5 51

WEATHER FORECAST FOR NOVEMBER, 1913.

1st to 4th, fair period. 5th to 9th, blustery. 10th to 15th, cold wave. 16th to 20th, rain period. 21st to 24th, windy, mild. 25th to 27th, snow squalls. 28th to 30th, cold winds, general fall of temperature.

Epileptic Fits

"My daughter suffered for four or five years with epileptic fits and spasms and we tried several doctors and specialists who said they could cure her, but she continued to get worse. Finally we decided to try Dr. Miles' Nerveine and she began to improve. We kept up the Nerveine treatment until she had taken about ten bottles in all, when she was entirely cured. She has never been troubled any since. We feel that we should recommend Dr. Miles' Nerveine to all who suffer as our daughter did, as we are sure they will find relief."

S. P. CLARY, Crawford, Texas.

Under the Mistletoe.

The mistletoe has played a considerable part in English customs. Yet probably very few people have seen it growing, though it is quite common in England, especially in the Midlands. To name two popular places frequented by Londoners where it flourishes, one can see it in Epping Forest and in the grounds of St. Osyth's Priory, Clacton-on-Sea. Curiously enough, while the Druids always associated mistletoe with the oak tree, it is scarcely ever

found on the oak in this country; the thorn, maple, poplar, apple and crab being its favorite trees.

There have been many explanations as to why we kiss under the mistletoe, and none of them is very satisfactory. Whether or not they did it three hundred years ago, there does not appear to be much likelihood of the custom dying out, and, after all, the best reasons for the continuance of the good

(Continued on page 25.)

What Constipation Means—Continued

body. The presence of these poisons, or "toxins," as they are called by physicians, make themselves known by such symptoms as sick headache, ringing in the ears, blurred eyesight, weakness, drowsiness, depression, insomnia, cramps, poor circulation, hands or feet "going to sleep," nightmare, poor memory, muddy complexion, skin blotches, coated tongue, bad breath, bloating of stomach, dizziness, dullness, heart burn, nausea, belching, wind in the bowels.

No remedy should be employed unless it acts along conservative lines. Violent actions of the bowels do more harm than good in the long run and remedies that have an "explosive" effect should be avoided. To secure the best results no better help can be employed than Dr. Miles' Nerve and Liver Pills. They are a common-sense remedy for constipation that produces the required result without the disagreeable features common to so many "pills."

There is a great difference between force and persuasion, and it is because Dr. Miles' Nerve and Liver Pills persuade rather than force, that they have achieved such remarkable success among all classes of people in Canada, the United States, Mexico and other countries of the world. One trial is all that is necessary—they will prove their own merits.

Dr. Miles' Nerve and Liver Pills are sold by all druggists under a guarantee assuring the return of the price of the first box if no benefit is received. Once tried, always used.

[Read the letters on this page. They are honest letters from honest people.]

Heat of the Sun

Some idea of the tremendous heat of the sun may be gained from the following comparisons:

If the sun were frozen over completely to a depth of fifty feet, the heat emitted is sufficient to melt the whole shell in one minute of time. Probably it is just as well, then, that the sun is 93 millions of miles from our earth.

If an ice bridge could be formed from the earth to the sun, by a column of ice $2\frac{1}{4}$ miles square, and extending across the whole 93 million miles, and if by some means all of the sun's heat could be turned on this column, it would be melted in one second.

To maintain such a degree of heat would require the hourly burning of a layer of the best anthracite coal from 16 to 20 feet thick, over the sun's entire surface.

The amount of heat given off per square foot at the sun's surface is about 46,000 times as great as that received per square foot on the earth's surface.

Some scientists claim that in ten million years the sun will have cooled sufficiently to destroy life on the earth. Engage your airship for Mars now, and avoid the rush.

An Effective Remedy



"I seldom need a physician in my family since I learned the value of your Nerve and Liver Pills several years ago. I was very nervous, slept badly, and could hardly write well enough to copy a telegram. I was costive most of the time, and in trying different remedies accidentally came across Dr. Miles' Nerve and Liver Pills. Not only did the first bottle exceed my expectations, but they did all I could desire of them. Since then we have used them regularly in my family; and, together with Dr. Miles' Anti-Pain Pills, they meet all our wants."

S. BAXTER DAVIS, Farmville, Va.

Smothering Spells

"My wife was so bad with shortness of breath and smothering spells that she was miserable most of the time. I happened to hear about Dr. Miles' Heart Remedy and got a bottle for her to try. It helped her much more than other remedies she had used, and we will keep it on hand in the future. Several of my neighbors also praise it highly."

W. S. McCARTHY,

Lower Five Islands, N. S.

General Weakness

"I was suffering from a pain in my back and general weakness. I trembled so I could scarcely walk across the house for five months. I was treated by skillful doctors but did not seem to get any relief. But after taking one bottle of Dr. Miles' Nerve I felt much better. I am thankful for this medicine and recommend it to all who suffer from nervousness."

MRS. DANIEL TRUMBLE, Bethel, Ont.

Best for Pain

"I am glad to tell of the benefit I received from Dr. Miles' Anti-Pain Pills. I have used them for the last five years and they always relieve me almost at once. For headache and other pains they never fail. I cannot praise them enough."

J. P. LEDOUX,

Armstrong, B. C.

Always Give Relief

"We have used Dr. Miles' Anti-Pain Pills in our family for some years and find they give relief in most cases. I have often recommended them to my friends."

THOMAS A. CASADY,

Brownleigh Place, Ont.

12th Month **December 1913** 31 Days

Moon's Phases.			Halifax	Montreal	Toronto	Winnipeg	Vancouver
First Quarter.	D	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
Full Moon.	5	10 45 M	10 5 M	9 43 M	8 30 M	6 45 M	
Last Quarter.	13	10 46 M	10 6 M	9 44 M	8 31 M	6 46 M	
New Moon	20	0 2 E	11 22 M	11 0 M	9 47 M	8 2 M	
	27	10 45 M	10 5 M	9 43 M	8 30 M	6 45 M	

Day Month.	Day Week.	Zodiac Signs.	For Montreal, Quebec and regions of St. Lawrence and Ottawa rivers.			For Toronto and Province of Ontario lying on and between Great Lakes.			For Manitoba, the N. W. Territory and B. C.		
			Sun Rises	Sun Sets	Moon Sets	Sun Rises	Sun Sets	Moon Sets	Sun Rises	Sun Sets	Moon Sets
			h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
1	M	♈	7 20	4 18	7 33	7 14	4 24	7 39	7 39	4 0	7 2
2	T	♈	7 21	4 18	8 43	7 15	4 24	8 48	7 40	3 59	8 19
3	W	♈	7 22	4 17	9 52	7 16	4 24	9 56	7 41	3 59	9 36
4	T	♈	7 23	4 17	11 1	7 17	4 23	11 4	7 43	3 58	10 51
5	F	♈	7 24	4 17	Morn	7 18	4 23	Morn	7 44	3 58	Morn
6	S	♈	7 25	4 16	0 10	7 19	4 23	0 11	7 45	3 58	0 5
7	S	♈	7 26	4 16	1 16	7 20	4 23	1 13	7 46	3 58	1 14
8	M	♈	7 27	4 16	2 17	7 21	4 23	2 14	7 47	3 57	2 25
9	T	♈	7 28	4 16	3 24	7 22	4 23	3 21	7 48	3 57	3 39
10	W	♈	7 29	4 16	4 32	7 23	4 23	4 28	7 49	3 57	4 53
11	T	♈	7 30	4 16	5 42	7 24	4 23	5 36	7 50	3 57	6 8
12	F	♈	7 31	4 16	6 48	7 24	4 23	6 42	7 51	3 57	7 18
13	S	♈	7 32	4 16	Rises	7 25	4 23	Rises	7 52	3 57	Rises
14	S	♈	7 33	4 17	4 59	7 26	4 24	5 6	7 53	3 57	4 25
15	M	♈	7 33	4 17	6 8	7 27	4 24	6 15	7 54	3 57	5 36
16	T	♈	7 34	4 17	7 22	7 28	4 24	7 27	7 54	3 57	6 55
17	W	♈	7 35	4 18	8 40	7 28	4 25	8 44	7 55	3 57	8 19
18	T	♈	7 36	4 18	9 59	7 29	4 25	10 1	7 56	3 58	9 47
19	F	♈	7 36	4 19	11 20	7 29	4 25	11 21	7 56	3 58	11 17
20	S	♈	7 37	4 19	Morn	7 30	4 26	Morn	7 57	3 58	Morn
21	S	♈	7 37	4 19	0 37	7 31	4 26	0 36	7 58	3 59	0 37
22	M	♈	7 38	4 20	1 55	7 31	4 27	1 52	7 58	3 59	2 4
23	T	♈	7 38	4 20	3 18	7 32	4 27	3 13	7 58	4 0	3 34
24	W	♈	7 39	4 21	4 39	7 32	4 28	4 33	7 59	4 0	5 2
25	T	♈	7 39	4 22	5 57	7 32	4 28	5 50	7 59	4 1	6 26
26	F	♈	7 40	4 22	7 9	7 33	4 29	7 1	7 59	4 1	7 39
27	S	♈	7 40	4 23	Sets	7 33	4 30	Sets	7 59	4 2	Sets
28	S	♈	7 40	4 24	5 14	7 34	4 30	5 21	7 59	4 3	4 40
29	M	♈	7 40	4 24	6 23	7 34	4 31	6 30	7 59	4 4	5 57
30	T	♈	7 40	4 25	7 34	7 34	4 32	7 39	8 0	4 5	7 14
31	W	♈	7 40	4 26	8 45	7 34	4 33	8 48	8 0	4 6	8 30

WEATHER FORECAST FOR DECEMBER, 1913.

1st to 4th, cold nights and bright days. 5th to 10th, dense fogs. 11th to 15th, storm period. 16th to 20th, slushy. 21st to 23rd, rain wave. 24th to 27th, low temperature. 28th to 31st, threatening.

Headache For Years

"It gives me great pleasure to offer a word of recommendation for Dr. Miles' Anti-Pain Pills as there are thousands suffering unnecessarily from headache. I was afflicted intermittently for years with headache and after other remedies failed, I tried Dr. Miles' Anti-Pain Pills. For the past ten years I have carried them constantly with me, getting instant relief by using one or two on the approach of headache. They are also effective for neuralgia, giving immediate relief."

MR. C. M. BROWN, Estherville, Iowa.

Under the Mistletoe—Continued

custom present themselves at the Christmas gathering with each recurring year. What does it matter whence we derive the custom after all?

"But what do we care for the days of old. The knights whose arms have turned to rust,

The grim boar's heads and pasties cold,
Their castles crumbled into dust?

Never did sweeter faces go.

Blushing beneath the mistletoe,

Than are tonight assembled here,

For Christmas still comes once a year."

"I can cheerfully and conscientiously recommend Dr. Miles' Nervine to all persons affected with nervous diseases, as I have used it with benefit for several years."

MRS. ALICE HOWARD, Charlotte, Sask.

Headache

Headache may be due to a variety of causes, but whatever its cause may be, the effect is much the same. Sufferers from head pains know well from experience what a tax they impose on health and comfort. Work and pleasure is interfered with alike. The man or woman who works requires a clear head, no matter what occupation is followed. Drudging through a day with a throbbing brain is not merely an inconvenience but approaches misery.

The nervous headache, caused by eye strain or too much mental exertion, is alarmingly common. Sick headache, the result of disordered digestion visits many people with great regularity. Headache due to thin and impoverished blood is another common form of this ailment.

A very important thing to remember about headache is its tendency to become more frequent in many cases. In some instances whole families suffer from it, and it may also become hereditary. Headache should never be regarded as a trivial illness and allowed to come and go without thought of consequences to the general health, but treatment should be begun at its first appearance.

While special treatment to remove the cause may be necessary, the first step is the relief of the pain, and for this purpose there is no more reliable remedy than Dr. Miles' Anti-Pain Pills. The great merit of Dr. Miles' Anti-Pain Pills for headache has been proven for many years. By soothing irritated nerves, and reducing any inclination toward fever, they produce most satisfactory results. One or two seldom fail to give the desired relief.

Sold by all druggists in boxes only, 25 doses for 25 cents. A box in your home or pocket is the best protection against pain to be had at any price.

[Read the letters on this page. They are honest letters from honest people.]

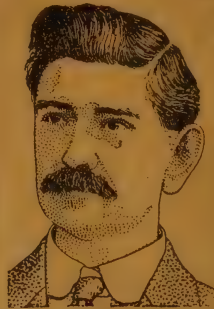
The Growth of English

There are now 400,000 words in the English dictionary, exclusive of foreign languages. Back three centuries Shakespeare carried about in his head five times as many words as the dictionary then contained. Today it has a hundred words for every one which a good writer will use. The greatest gains in the number of words recorded within the last fifty years have, of course, come from a minute raking over of all accessible English documents and from special branches of human labor, particularly the sciences, in which changing conditions have made necessary hosts of new names.

Man only from himself can suffer Wrong;
His Reason falls as his Desires grow strong;
Hence, wanting Ballast, and too full to Sail,
He lies exposed to every rising Gale.

Minister Finds Relief

"I want to speak a word in favor of Dr. Miles' Anti-Pain Pills. I used to suffer severely with sick headache, especially when I would sit for hours at my desk or go on a tedious journey, or get my meals at irregular times. Several years ago when I was suffering extremely a lady asked me to try one of Dr. Miles' Anti-Pain Pills, which I did and obtained immediate relief. I have not since been without them, except when I am where I cannot get them. Before going on a journey or when I feel any symptoms of sick headache coming on I take a Pain Pill. I scarcely ever have to take more than one, and if I have a bad spell it is because I have no Anti-Pain Pills. I have given scores of them away in my travels and have never known them to fail to cure. I would be glad to answer anyone writing for information."



REV. G. M. HENDERSON,
Winfield, Kan.

Cannot Say Enough

"I cannot say too much in praise of the Dr. Miles' Remedies. Have used the Anti-Pain Pills, Heart Remedy and Nerve and Liver Pills in my family with great satisfaction and if I could send you the names of those who have used your remedies through my recommendation the list would be a long one. One friend of mine used the Pain Pills for toothache with very good results. Before I used the Anti-Pain Pills I could not go out for a short pleasure ride without suffering with a terrible headache. Since taking them I can go on all day picnics or take long automobile rides and come home with no headache. The Anti-Pain Pills have certainly done great good for me and I am ever ready to speak a good word for them."

MRS. HATTIE O. DAGGETT,
Atkinson, Me.

"I would also say that no remedy I have ever tried for headache has equalled the Dr. Miles' Anti-Pain Pills for results. Although I have used them many years I have experienced nothing but good results from their use."

MRS. C. H. LITTLE,
7 Crafts St., Waltham, Mass.

"Have used your Anti-Pain Pills time and again and was pleased with them. Being a business man myself, I have recommended them repeatedly."

AUGUST SCHMITT,
2200 Elvira St., Cleveland, Ohio.

With the Poets

What Does It Matter?

It matters little where I was born,
Or if my parents were rich or poor;
Whether they shrank from the cold world's
scorn,
Or walked in the pride of wealth secure;
But whether I live an honest man,
And hold my integrity firm in my clutch,
I tell you, my brother, as plain as I can,
It matters much!

It matters little how long I stay
In a world of sorrow, sin and care;
Whether in youth I am called away,
Or live till my bones and pate are bare;
But whether I do the best I can
To soften the weight of adversity's touch
On the faded cheek of my fellow man,
It matters much!

It matters little where be my grave,
Or on the land or on the sea,
By purling brook or 'neath stormy wave,
It matters little or naught to me;
But whether the Angel of Death comes down
And marks my brow with his loving touch,
As one that shall wear the victor's crown,
It matters much!

The Friendly Hand

When a man ain't got a cent, an' he's
feelin' kind o' blue,
An' the clouds hang dark an' heavy, an'
won't let the sunshine through,
It's a great thing, O my brethern, for a
feller just to lay
His hand upon your shoulder in a friendly
sort o' way!
It makes a man feel curious; it makes the
teardrops start,
An' you sort o' feel a flutter in the region
of the heart,
You can't look up and meet his eyes; you
don't know what to say,
When his hand is on your shoulder in a
friendly sort of way.
Oh, the world's a curious compound, with
its honey an' its gall,
With its cares and bitter crosses; but a
good world, after all.
An' a good God must have made it—least-
ways, that's what I say
When a hand rests on your shoulder in a
friendly sort o' way. —Riley.

Crossing the Bar

Sunset and evening star,
And one clear call for me.
And may there be no moaning of the bar,
When I put out to sea.

But such a tide as moving seems asleep,
Too full for sound and foam,
When that which drew from out the bound-
less deep
Turns again home.

Twilight and evening bell,
And after that the dark,
And may there be no sadness of farewell,
When I embark.

For tho' from out our bourne of Time and
Place,
The flood may bear me far,
I hope to see my pilot face to face,
When I have crossed the bar.

—Tennyson.

The Mule and the Man.

The mule—he is a gentle beast;
And so is man.
He's satisfied to be the least;
And so is man.
Like man, he may be taught some tricks;
He does his work from 8 to 6;
The mule—when he gets mad, he kicks;
And so does man.

The mule—he has a load to pull;
And so has man.
He's happiest when he is full;
And so is man.
Like man he holds a patient poise,
And when his work's done will rejoice.
The mule—he likes to hear his voice;
And so does man.

The mule is sometimes kind and good;
And so is man.
He eats all kinds of breakfast food;
And so does man.
Like man, he balks at gaudy dress
And all outlandish foolishness;
The mule's accused of mulishness;
And so is man.

The New Arrival

They nuvver wuz a baby ist
Es smart es ours—naw, sir!
An' my paw—yes, an' my maw, thinks
A noful lot uv her.

Sumbuddy foun' her, my paw sed,
In a ole holler tree;
An' they ist tho't they'd bring her home
Es companee fer me.

Her teeth is all wored off—they are—
A-chewin' bark, paw sed;
An' they ain't hardly enny hair
A-tall upon her hed.

She likes t' squall most enny time,
But when it's nite-th' best;
Coz then nobuddy in th' house
Kin git a bit uv rest.

Unless she is a better girl—
Nen you ist bet she'll see—
Coz she'll ist git put back into
Annuther holler tree.

Make the Best of It!

A merry heart, a merry laugh,
A face with lots of sun in it,
A merry tongue with merry chaff,
And quip with lots of fun in it!

If trouble comes, and trouble will,
When others make a guest of it,
Keep on a smiling face and still
Strive to make the best of it.

And if the worst comes to the worst,
And life has no more zest in it,
Well, there are fewer clouds to burst,
So why not make the best of it?

Saved Her Life

"Can truly say I owe my life to Dr. Miles'
Remedies for I feel sure I would not be
alive today if I had not taken Dr. Miles'
Heart Remedy." MRS. GEO. MORSE,
Middle Granville, N. Y.

The Truth About Your Heart

It is not necessary to exaggerate in speaking of the alarming increase in disorders of the heart. The truth is bad enough to hear, and ought to be sufficient warning to those who think it worth while to take at least reasonable care of this much abused and vital organ. A famous physician who is noted for his common sense as well as his wide medical knowledge, in discussing heart disease recently said: "The Medical Officer for May, 1911, has an interesting study of heart disease amongst school children of a small town in Scotland. Of 2,380 children examined, 131 had leaking heart valves and 55 had nervous hearts. Those having organic heart disease—leaking valves—on an average were 55 per cent below height, 52 per cent below average weight, and increased in weight at a rate which was 60 per cent below the average."

Thus are we shown how heart disorders begin, almost with life itself. And since most people do not discover that they "have a heart" until they are along in life, the frequency of serious heart troubles is not to be wondered at. Every one should know the truth about his heart, and moreover, should protect himself against heart disorder when it first appears. Short breath, palpitation, pains in side or chest, swelling of feet and ankles are usually among the first symptoms of heart irregularity.

To relieve these conditions Dr. Miles' Heart Remedy is recommended. Its worth has been demonstrated in thousands of instances during the past twenty years. Its tonic effect on the heart muscles and tissues seldom fails to promote heart strength and regularity, if it be possible to restore these by the use of medicine.

Dr. Miles' Heart Remedy is sold by reliable druggists everywhere. The first bottle is guaranteed to benefit or the price is returned.

A deranged heart may, by proper treatment, be made to beat and maintain life through many years. Stopped hearts never start again.

[Read the letters on this page. They are honest letters from honest people.]

Look Pleasant

We cannot, of course, all be handsome,

And it's hard for us all to be good;

We are sure now and then to be lonesome,

And we don't always do as we should.

To be patient is not always easy,

To be cheerful is much harder still,

But at least we can always be pleasant,

If we make up our minds that we will.

And it pays every time to be kindly,

Although we feel worried and blue;

If you smile at the world and look cheerful,

The world will soon smile back at you.

So try to brace up and look pleasant,

No matter how low you are down;

Good humor is always contagious,

But you banish your friends when you frown.

Severe Heart Trouble

"My first experience with Dr. Miles' Heart Remedy began about seventeen years ago, when I was fifty-six years of age. At that



time my heart bothered me a great deal. I was unable to exert myself, and would be out of breath after climbing stairs, unless I stopped every few steps to rest. My heart was so irregular that at times it seemed to miss every other beat. I began a course of treatment with Dr. Miles' Heart Remedy, and continued taking it until the unfavorable symptoms were relieved. I am now seventy-three years old and in good health. I keep a bottle of the Heart Remedy on hand all the time, but don't have to take much of it. Sometimes if I am not feeling just right I take a few doses. For twelve years after my first use of the Heart Remedy I did not take anything in the way of medicine. No statement I can make regarding Dr. Miles' Heart Remedy, could praise it too much, and my wife says no one could praise it enough." R. R. PENN,

R. R. No. 1, Springville, Iowa.

A "Heart" Case

"About ten years ago after investigation I began to use Dr. Miles' Heart Remedy, and I am still satisfied it kept me up and cured me of one of the worst kinds of "heart" cases. I do not believe I could have lived had it not been for this medicine. Many people would be alive today if they had taken Dr. Miles' Heart Remedy in time. I advise all sufferers from heart troubles to give it a trial. I am now eighty-four years old." J. H. Bowman,

307 Fourth Ave., North, Nashville, Tenn.

"I owe my life to Dr. Miles' Heart Remedy and have recommended it to hundreds of people and it has brought good results every time." CYRUS WILSON,

Woodland, Pa.

"I used Dr. Miles' Heart Remedy a number of years ago and owe my life to it. I have never had any symptoms of it since. I am 73 years old and have good health." MRS. BETTY SHEPHERD, Fayette, Mo.

"Dr. Miles' Heart Remedy cured me of heart disease of twenty years standing and I have had no return of it. We have also used Dr. Miles' Nerve in the family with good results and feel that we cannot say enough in praise of these two remedies."

MRS. J. W. MADISON, Plainville, Ill.

The Fly Must Die

There are few problems attracting more attention at present than the problem of the house fly, and the means of exterminating this pest. The subject is well presented by a well known writer on scientific matters in answering the imaginary question, "Why is a fly?"

"We may admire him for his industry, pertinacity, and business enterprise; we may even love him lukewarmly—as one of God's creatures; but we had better wipe him gently but firmly out of existence just the same. He is the best traveling salesman known, carries a grip on each of his six legs, and a trunk in his head. His line of samples is extensive and will last from time to eternity. He is more of a nurseryman and tree agent than anything else, the only one whose seeds and cuttings bear blossoms and fruit equal to the pictures in the catalogue. In fact, they bloom, never fading, on the other side of the Jordan, or translate you to bloom there.

"A fly in the house is as dangerous as a rattlesnake, as filthy as a louse, as disgraceful as a bedbug. The time will come when any modern cleanly home will feel itself ashamed and disgraced by the presence of a fly, and when every householder upon whose premises a brood of flies is detected will be fined heavily and sent to jail. The fly is a literal 'eye of the Lord,' because he is in every place beholding the evil and the good, especially the evil, for he loves to lay eggs in it. You can't hide dirt from a fly. He is also the most intimate and domestic animal we breed and keep. An ounce of cleanness is worth a ton of fly paper and wire screens. One-half the money wasted on fly traps and window screens, one-fifth the energy squandered in slapping and profanity, would clean up the back yard and wipe out the fly."

There are several species of flies which are commonly found in houses, although but one of these should be called the house fly proper. This is the *Musca domestica* L. and is a medium-sized, grayish fly, with its mouth parts spread out at the tip for sucking up liquid substances. It breeds in manure and dooryard filth and is found in nearly all parts of the world. On account of the conformation of its mouth parts, the house fly can not bite, yet no impression is stronger in the minds of most people than that this in-

sect does occasionally bite. This impression is due to the frequent occurrence in houses of another fly which is called the stable fly, and which closely resembling the house fly (so closely, in

fact, as to deceive anyone but an entomologist), differs from it in the important particular that its mouth parts are formed for piercing the skin. It is perhaps second in point of abundance to the house fly in most portions of the North-eastern States.

A third species, commonly called the cluster fly, is a very frequent visitor of houses, particularly in the spring and fall. This fly is somewhat larger than the house fly, with a dark-colored, smooth abdomen and a sprinkling of yellowish hairs. It is not so active as the house fly and, particularly in the fall, is very sluggish. At such times it may be picked up readily and is very subject to the attacks of a fungous disease which causes it to die upon window panes, surrounded by a whitish efflorescence. Occasionally this fly occurs in houses in such numbers as to cause great annoyance, but such occurrences are comparatively rare.

The house fly commonly lays its eggs upon horse manure. This substance seems to be its favorite larval food. It will also breed in human excrement, and from this habit it becomes very dangerous to the health of human beings, carrying, as it does, the germs of intestinal diseases such as typhoid fever and cholera from excreta to food supplies. It will also lay its eggs upon other decaying vegetable and animal material, but of the flies that infest dwelling houses, both in cities and on the farms, a vast proportion comes from horse manure.

Absolute cleanliness around houses, stables and outbuildings seems to be the only solution of the fly problem offered by those who have made a study of it. The fly question seems to be in reality a dirt question. "No dirt, no flies," is what sanitarians tell us. To prevent the breeding of this insect, animal manure should be kept in a tightly covered box and removed frequently to a place remote from dwelling houses. The garbage can at the back door should be kept clean and always covered, and dirt inside the house should be an unknown article. Flies spread disease. Therefore, anyone who makes an effort to reduce their number, performs a distinct service to humanity.



The House Fly

How Is Your Rheumatism?

Most people will agree that rheumatism is a disease of a very stubborn nature. It is also extremely common. "How is your rheumatism?" is a question asked a good many thousands of times daily, and the reply often is, "no better," or "worse than usual." Many theories have been advanced regarding the cause of rheumatism, and probably more "cures" have been recommended for it than for any other ailment human flesh is heir to. The reason for the existence of rheumatic conditions, however, is of little concern to those who suffer, compared to the desire for relief.

And the fact remains, regardless of the hundreds of "cures" for rheumatism, that many people are yet afflicted with it. The truth is that no one has yet discovered an absolute cure for rheumatism. Science has yet to achieve this. But there are remedies that really relieve rheumatic conditions, and in many instances remove them entirely.

One of the most successful of these is Dr. Miles' Nervine, modified with Salicylate of Soda or Wine of Colchicum, as explained in the book of directions with each bottle. The effectiveness of this in rheumatism has been thoroughly proven, and is vouched for by experience. An excellent nerve medicine, the Nervine, when so modified seldom fails to give relief. If the case prove obstinate, and does not yield readily to treatment, in addition to the Salicylate of Soda, four drams Wine of Colchicum may be added to one bottle of the Nervine.

No rheumatic sufferer should fail to try Dr. Miles' Nervine. The relief it has afforded to many should convince any reasonable person of its merit. If it fails, you are protected by the terms of sale,—which guarantee the return of the price of the first bottle if no benefit is received. This is an offer worthy of your consideration and acceptance, if you have rheumatism. Any druggist will supply you with Dr. Miles' Nervine.

[Read the letters on this page. They are honest letters from honest people.]

"You're a Brick"

In the golden days of Greece an ambassador once came from Epirus to Sparta, and was shown by the king over his capital. He was surprised to find no walls around the city.

"Sire," he exclaimed, "I have visited nearly all the towns in Greece, but I find no walls for their defense. Why is this?"

"Indeed," the king replied, "you cannot have looked carefully. Come with me tomorrow and I will show you the walls of Sparta."

On the following morning the king led his guest out upon the plains, where his army was drawn up in battle array, and pointing proudly to the valiant soldiers, he said: "There you behold the walls of Sparta—every man a brick!"

Sciatic Rheumatism

"I am in my 78th year and no one on earth has ever suffered any more than I have with Sciatic Rheumatism. My physician told me that he knew of no remedy for my case and that if I did not stand it and wear it out it would wear me out. For three months I could not walk. If I crossed the street I would have to crawl across. The awful torture I suffered with my left leg cannot be described. Day by day it was wasting away until it at last was nothing but skin and bone. I went to a hot spring but received no relief. I was thoroughly discouraged when a friend one day told me about Dr. Miles' Nervine. I got a bottle and took a few doses. I began to improve. I took a number of bottles and the muscles of my leg began to fill out. The pain is gone and now I can walk in comfort."

H. N. McLAIN,
519 E. 9th St., Texarkana, Ark.

A Peculiar Case

"I have had better results from Dr. Miles' Nervine than from any medicine I ever tried in the last twelve years. The Nervine is doing for me all it is recommended to do, and more too. My case is a peculiar one, and all the doctors and specialists I had in twelve years never gave me relief such as I have received from the Nervine, to which I added Salicylate of Soda in accordance with your directions. Before taking the Nervine I suffered over ten years with pains in the face and hand, sometimes they would be so severe I could scarcely endure them. I am confident now, however, that I am rid of that dreadful disease."

L. S. SWANSTONE, Boonville, Mo.

General Breakdown

"Several years ago, while attending my household duties and assisting at a switchboard in a telephone office I had a nervous breakdown which developed into nervous prostration. For a whole year I could not lie down but had to be bolstered up in bed. When I would have a nervous attack, my throat would swell until it would be filled from my chin to my breast. Doctor's remedies and other medicines gave me no permanent relief. A lady advised me to use Dr. Miles' Restorative Nervine. I did so and after taking it a few days it helped me. After taking one bottle, I could lie in bed and sleep naturally, and after using seven bottles, I was cured. I believe if I had not found Dr. Miles' Nervine I would have become insane."

MRS. DELLA COLE,
722 Park St., Kalamazoo, Mich.

"My health is still very good and have never needed any more of the Heart Remedy since taking a course of it nearly five years ago." W. L. GODING, Durmid, Va.

Signs of the Zodiac

Readers of Dr. Miles' Almanac will notice that the old form of picturing the Signs of the Zodiac in connection with the body of a man, has not been followed in this issue. Instead, on page one we show the relative positions of the Earth, Sun and Moon with the twelve zodiacal signs. In this departure from established custom, we believe we are justified, as astronomers are agreed the man figure is not entitled to a place in the zodiacal diagram. They maintain the man figure is only a fanciful creation, having no relation to the laws governing the heavenly bodies. If this is so, why continue a custom contrary to twentieth century knowledge?

The figure of "the man of signs," or, as he was once known, "the moon's man" is one of the oldest features of an almanac. Its origin dates so far back that "the memory of man runneth not to the contrary." The earliest astronomers noticed that the circle which the sun describes (called 'ecliptic') could be naturally subdivided into twelve segments. These were based on the revolutions of the moon, or lunar months. Accordingly the circle which the sun described in his annual journey was divided into twelve parts called signs. Each of these parts contained 30 degrees, and the old astronomers characterized them by symbols, which have come to be known as signs of the zodiac. According to the early belief the zodiac taught the earth its duties. In their early superstition, the philosophers and wise men believed that the moon exercised great influence over the affairs of the earth; consequently before embarking on any new line of work, or before any steps of importance were taken, it was customary to refer to the moon's position in the zodiac, to know whether it would be best; and in all sorts of rude ways, conclusions were reached that were based on this supposition.

It also came to be believed that each sign of the zodiac corresponded to a part of the human body, and in selecting the day for the treatment of any ailment, or for the letting of blood, it was customary to inquire whether the moon was or was not in that sign. As a natural result a combination was made between the signs of the zodiac which were astronomical in their nature, and which had to do with the position of the constellations and the figure of

the man, and it was published in almanacs. Just who did this first is a question. The date, however, was probably about 1300. But with the advancement of science the "Moon Man" lost much of his ancient prestige, and astronomers no longer take him seriously. Moreover, a proper understanding of the Zodiac and its signs does not require the presence of the "Moon Man."

The zodiac is an imaginary zone or belt in the heavens, within which lie the paths of the Sun, Moon and principal planets. Along this great oblong circle lie the twelve Zodiacal Signs, Aries (Ram), Taurus (Bull), etc. The signs are constellations, viz: groups of stars. It might be supposed these groups of stars occupy positions in the heavens which give form to the figures after which they are named, but the exact contrary is true. The stars in



Aries, for example do not have any resemblance to the figure of a Ram, and it is so with all the other constellations. In other words, the ancient Chaldean astronomers who named the Zodiacal constellations some 4,000 years ago, did so without regard to accuracy. This being the case, it seems we of the present day are justified in rejecting the fanciful part of their learning.

The various signs are explained as follows: Aries, Taurus and Gemini, the time of bringing forth young flocks and herds; Cancer, when the sun moves backward toward the earth; Leo, the fierce heat of summer; Virgo, the harvest time; Libra, equal days and nights; Scorpio, venomous reptiles of autumn; Sagittarius, the hunting season; Capricornus, the beginning of the return of the sun from the north; Aquarius, winter rains; Pisces, the fishing season.

That the Zodiac Signs are purely creations of the imagination is illustrated by the Chinese, who have a zodiac of their own, vastly different from ours. The Chinese signs are supposed to represent figures of the Rat, Ox, Tiger, Hart, Dragon, Serpent, Horse, Sheep, Monkey, Hen, Dog and Pig.

It would seem therefore, that no harm can come by departing from outgrown beliefs. Crops will doubtless continue to grow, and the sick to recover regardless of our old friend the "Moon Man," who will scarcely ever know he has been dropped from the imaginations of a modern people.

Poultry on the Farm

Some farmers keep a flock of chickens of mixed blood because they honestly believe that a mixed flock lays more eggs with less care than will a flock of pure breeds; other farmers keep a mixed flock because a pure-bred flock means the investment of a larger sum than they care to put into chicken flesh. It is best to improve even a mixed flock by the selection each year of the best for the breeding pen. The practice of carrying enough males with every free range farm flock to fertilize all the eggs when the eggs spoil quicker from such fertilization—should be discouraged, because there are females in the flock which it is not desirable to reproduce. It is often asked whether eight, ten or a dozen males are sufficient for a flock-mated farm flock—conclusive evidence that many do not understand poultry.

Many advocate pure-bred chickens or the selection of a breeding pen from the farmers' best birds because there is good sense in breeding from birds which practical experience has shown to be of the type most favorable to utility as well as fancy purposes.

Probably the majority of farmers breed chickens with Barred Rock blood in them. The standard requirements for this farmer's fowl are based on the qualities required in a general purpose fowl. That these points are deemed essential in an exhibition bird is no reason why they should not be sought for in choosing a breeding pen from a mixed flock. The standard demands of an exhibition Barred Rock that the head be moderately large, broad; beak stout; eyes full; comb rather small and set firmly on head; tail well spread; breast full, broad, moderately deep, well rounded; body rather long, broad, deep, full; keelbone rather long, straight, extending well forward, connecting with breast so as to make no break in outline; thighs large, of medium length,

well covered with soft feathers; shanks of medium length, smooth, straight, stout, set well apart; toes straight, of medium length, well spread; shanks and toes free from feathers, stubs or down.

To begin with the head, a broad, moderately large head is always an indication of vigor, as a snaky, narrow head indicates low vitality. A short, stout beak is also an indication of vigor. A chicken's beak is its knife and fork, its hands, its weapon, as well as the channel through which its food goes; a long, narrow beak places a bird at a disadvantage. The comb is "the health certificate carried on top of its head." The comb is one of the surest indications of the physical condition of the bird. Since the comparative small comb set firmly on the head is less subject to frost and injury, the fancier emphasizes the importance of selecting birds with a practical type of comb, as well as a comb which is attractive in appearance.

The wattles in a male bird are a sex sign; a bird with well-developed wattles is usually a masterful bird, the best warrior in a fight, and a bird which is attentive to his mates. A full, round eye denotes alertness. All of these points are as worthy the consideration of the farmers as the fancier. Length and breadth of back, tail and breast indicate room for digestion, egg and vital organs. The long, broad-backed, low-keeled hen with well-spread legs is the laying hen; a male that carries himself well, that moves quickly, and stands squarely on his feet, is her fitting mate.

It is best to cull before hatching than to have to cull too much after hatching. It is most disheartening to go through a flock and find under-sized, crooked breasted, crooked-toed, long-necked, leggy chickens, as the result of a season's chicken work.

The Miles Guarantee

Because we believe that no better medicine can be had for the ailments for which they are intended than Dr. Miles' Remedies, we want you to try them. Therefore we make the following offer to anyone, anywhere, at anytime, who after reading this Almanac, is led to believe that any of the Dr. Miles' Remedies are suited to their case.

Go to your druggist and procure a bottle or package (one only) of the Medicine you think will help you, and if after taking it all according to directions, you are not benefited, take the empty bottle or package back to your druggist and get your money.

We hereby authorize him to repay you, take your receipt for the same, and forward it to us, and we will immediately send him the full retail price.

We have done this for years and have never refused or hesitated to do just what we say. We do not want dissatisfied customers. We know the merits of our remedies and could not make this offer if they would not fulfill our recommendations.

Is there anything fairer than this? Is there any reason why you should not try these medicines if you have any of the afflictions for which they are intended.

MILES MEDICAL CO., Toronto, Canada.

The Forest Tree the Savior of the Soil

[Extract from Address by Miss Florence Conway, at Wirt, Ind., March 22, 1905.]

Of all forms of vegetation, the one most closely associated with man's history and most useful to his existence, is the tree, and one of its greatest uses is the redemption of waste lands. Of waste lands there are three classes. Rolling ground that has been cleared of timber and cropped until the soil has washed away; level lands originally free from timber that have been exhausted by cultivation; and thirdly the small piece of timber kept as a "wood lot." What is to be done with them? Are they to be allowed to go uncultivated, with their ugly aspect, a reproach and an expense to the owners, an expense because anything unprofitable is an expense.

The First Objection.

The first objection to be raised against the redemption of waste lands by tree planting, is the length of time elapsing before any profit accrues. But think the matter over. Will you make anything to allow the ground to remain as it is? Is not the ground getting worse every year and depreciating in value? The time will come when lands will not be abandoned as they are now; when a farmer cannot "move on" to a new country when his old farm "plays out." The incoming tide of population will prevent it. But if valuable trees are growing, they will enhance the value of the land each year of their growth, and if the planter does not reap the fruit of his sowing in dollars and cents, the next generation will. You will have the satisfaction of knowing that you have contributed something to the happiness of humanity. The only way we can repay our ancestors is to cultivate a like spirit of generosity and sacrifice by doing something for the future. How does the tree redeem the soil? First, the roots spreading out form a network, which prevents water from washing the soil away, yet makes it soft and porous. Then the crown of the tree protects it from the sun, causing it to retain moisture, and last of all the annual decay of the leaves enriches it. As proof of the fact that the soil has been saved, made useful—stands the tree itself, a worthy product and compensation from land which otherwise would have been wholly unprofitable.

Plant Large Numbers.

It must be understood that single trees cannot accomplish much good in this respect. It is their nature to grow in numbers, and a small forest must be planted on soil that is to be redeemed. Timber is growing scarce. The growing demand is shown by the increasing number of railroads, telephones, and electric railroads. It is even impossible to build with concrete without the use of large quantities of lumber. It will thus readily be seen that forestry is to become a great industry, and it behooves every farmer to appreciate this fact and to begin restoring his waste lands by means of it.

How To Do It.

The wood lot or waste land may be cultivated by carefully removing the good timber and allowing the sprouts that are desirable to remain. Seeds and seedlings may be planted and the inferior ones removed. There are nurseries in many places where seedlings may be procured cheaply. The sapling must be looked after the first two or three years, and protected from sod, weeds, live stock and fire. Burning brush in the woods is highly injurious to young trees. It causes sapboiling and ruins them. The stump of a young tree is much more apt to sprout than an old one. If the proper season is observed for cutting, and the stump cut close to the ground, the sprouts will be more vigorous and take root before the stump has decayed. It would be interesting to discuss the relative merits of trees, but space forbids. The Forestry Department of any state will supply this and other information for the asking. All the landowner needs to have is the determination to plant trees.

We will mail you, for the asking, our booklet, Forest and Shade Trees.

DR. MILES' ANTI-PAIN PILLS FOR HEADACHE

25 DOSES
25 CENTS.



NEVER SOLD
IN BULK.

TAKE
ONE OR TWO
of These Little Tablets
AND THE PAIN IS GONE.

